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in today's
paper



METRO EXCLUSIVE
A LOOK AT THE
CHORNOBYL DISASTER
25 YEARS LATER {page 8}



TALKER
PARKER'S UNUSUAL
WAY OF COPING
WITH STRESS {page 24}



OTTAWA

metro®

Thursday, September 22, 2011
www.metronews.ca



News worth sharing.

Child-care worries

- ▶ Third-party care provider raises alarm over uncertainty about school board's plans
- ▶ Provider says it may not survive with only before-and-after-school care fees



SEAN
MCKIBBIN
@METRONEWS.CA

Full-day kindergarten could mean higher prices for before-and-after-school care, as well as fewer child-care options say members of a daycare co-op.

However, officials at Ottawa Carleton District School Board (OCDSB) dispute that.

Full-day kindergarten schools need two classrooms, where one used to suffice. The OCDSB initially rolled out the full-day program in schools with no existing daycare spaces, but all Ontario elementary schools are mandated by the province to have full-day kindergarten by 2015. Daycares using classroom space may have to find new places.

"The vision was to have a seamless day where you could drop your child off at 7 a.m. and pick them up at 6 p.m.," said Megan Price, vice-president of the Vista KSAP, a co-operative that runs two day centres that feel threatened.

Price said the reality is different.

School programs

- ▶ OCDSB Extended Day Programs operate on all regular school days from 7 a.m. to 6 p.m. The cost for before-and-after-school care is \$20 per day.
- ▶ Vista KSAP says it charges \$15 a day for before-and-after-school care.

There are 29 schools with full-day kindergarten but only eight with before-and-after-school care run by the OCDSB, according to Mike Carson, the OCDSB's superintendent of facilities.

Carson said the OCDSB's daycare fees are comparable to those of third-party providers like Vista KSAP.

"There's a number of schools where we weren't able to get sufficient children to register," said Carson.

He said the school board has been working with care providers, the city and the education ministry, and is consulting with parents about how to further implement the program.



▶ Megan Price of Vista KSAP stands with her daughter, Naomi, outside Alta Vista Public school. Vista KSAP, which runs a daycare program, is holding a meeting about the issue of full-day kindergarten for parents and other daycare providers this evening at Charles H. Hulse Public School at 5:30 p.m.

Transit

Packed like sardines

- ▶ Councillors bring up complaints over congested buses
- ▶ OC Transpo says it's easing the squeeze {page 3}

London Fashion Week

A look at the latest styles from the runways {page 25}



Irshad Manji in Ottawa

Author gives her take on what prevents people from speaking out {page 6}



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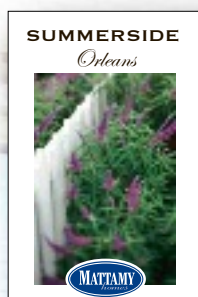
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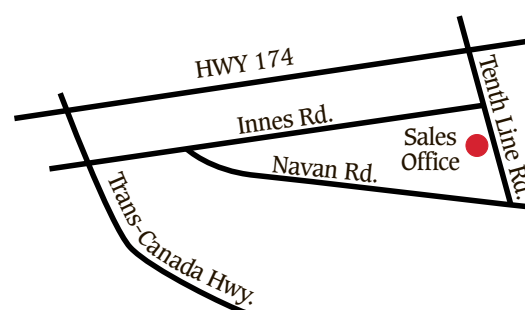
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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Bus route changes panned

► Councillors take a long, crowded ride and don't like it ► Route optimization saved the city \$20 million ► Riders say that they are literally being squeezed



JESSICA SMITH
@METRONEWS.CA

At the first Transit Commission meeting since OC Transpo implemented major route changes, city councillors aired complaints about people in their wards getting crushed and bruised in "dangerously" overcrowded buses.

OC Transpo officials said they've already added a few extra trips or relocated bigger buses to ease congestion on some overcrowded routes, but major changes will take months, or even up to a year, if they require a change in drivers' schedules or a new budget.

"Many of the changes are seen by customers as being negative, but that's what we knew we were getting into with the service changes and that level of budget reductions," said OC Transpo manager Pat Scrimgeour.

OC Transpo general manager Alain Mercier said delays leaving the downtown core during rush hour have been reduced to eight minutes from 20 minutes, but afternoon rush service won't be significantly improved until the LRT is built.

Changes

Some of the changes implemented since Sept. 4:

- **Added capacity.** By relocating a bigger bus from another line: Routes 4, 30, 34, 38, 41, 87, 93, 130, 134.
- **Added trips.** At least one new trip during peak times: Routes 30, 131, 134, 136, 106.
- **Restored service** to the Ottawa Hospital ring road by year's end.

"We have run out of road surface to run the system through," said Mercier.

Kanata Coun. Marianne Wilkinson said her constituents see all the express buses fly by without stopping because they're full, leaving people with no way home. She rode the bus and found the complaint to be true.

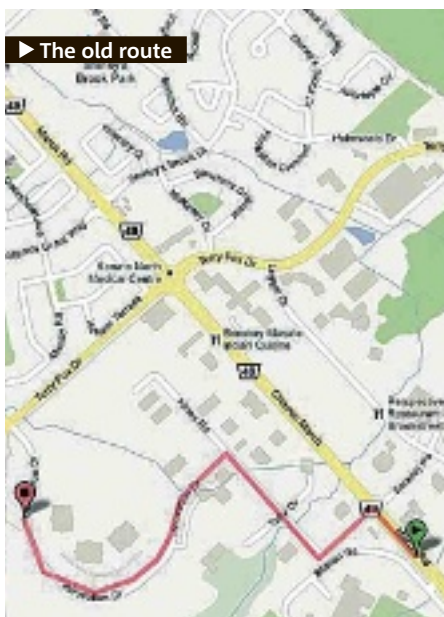
"The one I was on, it was a short bus and it was dangerous," she said.

She's most concerned about cuts to service to the Kanata Research Park.

"There are 20,000 jobs, and half of that business park has zero service," she said. "(Cisco is) hiring 300 more people, young people who use the bus, and they're desperate."



► RIM employees Khalid Hossain, left, and Tawfik Mohammed stand at the bus stop in front of their workplace in the Kanata Research Park. The stop is no longer in service.



► The old route



► The new route

Tawfik Mohammed, who works for Research in Motion in the Kanata Research Park, said he and his colleagues "are now being forced to consider alternatives to mass transit." There used to be a direct bus through the park, but now bus commuters have to walk 20 minutes or wait for a crowded bus that comes once an hour and takes a winding route through a residential neighbourhood, he said. Mohammed created these Google maps to show the change. At left is the old route. On the right is the new milk run.

1

news



Large-scale tragedies like 9-11 entail a grieving process far more complex than the traditional five steps. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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An eco-friendly family home in the British countryside, built for less than \$5,000, takes design cues from Tolkien. Photo gallery at metronews.ca/world

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Tenants' cries heard via ACORN

► Landlord has agreed to increase trash collection to twice per week ► Regular meetings begin next month



JOE LOFARO
@METRONWS.CA

Anti-poverty activist group Ottawa ACORN is optimistic there will be progress on alleged maintenance and garbage-collection problems at the Heron Gate rental complex.

The property manager of the complex, TransGlobe Property Management Services, has vowed to meet with Ottawa ACORN and a representative from the city on a monthly basis to report tenants' concerns.

The planned meetings, which start on October 19, follow a private meeting on Sept. 12 between Mayor Jim Watson, Coun. Peter Hume,

Ottawa ACORN, a TransGlobe representative, representatives from Dalton McGuinty's office and by-law enforcement.

The meeting was called after Ottawa ACORN made a public plea to the mayor to enforce bylaws they said TransGlobe was violating.

"The only reason I'm optimistic is because it was clear that the mayor and the councillor were so behind us," Marx said.

TransGlobe regional manager Murray Osterer said the meeting was "very productive" and that they will happen. "We're going to work closely with resident representatives and strengthen the lines of communication here," he said.

Timeline

► **April 21, 2010** — CBC News reports that in 2009, three apartment buildings purchased by TransGlobe within the Heron Gate complex logged the highest number of complaints in the city, with bylaw officers visiting 150 times.

► **July 26, 2011** — About 50 Heron Gate tenants protest against TransGlobe for allegedly ignoring their concerns and working orders.

► **August 15, 2011** — About 25 Heron Gate tenants and members of Ottawa ACORN make a public plea to Mayor Jim Watson to enforce bylaws.



► ACORN Canada's Erica Marx leads a protest outside the Heron Gate rental office on July 26 to complain about mould, poor garbage collection and pest problems in the community.

Protesters? Check! Police? Check! Celebs? Also check!

As the date of a planned sit-in at the House of Commons foyer nears, the environmental groups behind the protest are arranging legal advice for the people who are planning to get arrested, and touting the names of celebrities who have endorsed their cause.

Greenpeace, the Council of Canadians and the Indigenous Environmental Network are organizing the sit-in for Sept. 26



► Graham Greene

to protest tarsands development.

They say some well-known actors support their cause, including Graham Greene (of The Green Mile, Dances With Wolves, Die Hard with a Vengeance), Mia Kirshner (of The L Word, The Black Dahlia, 24, The Vampire Diaries), Tah-

moh Penikett (of Battlestar Galactica, Smallville) and Kate Vernon (of Battlestar Galactica).

While the protesters



► Mia Kirshner

have publicly announced their intention to get arrested, the RCMP is staying tight-lipped.

"What I can tell you is we're mandated to provide security on the grounds of Parliament Hill and we take an intelligence-led and integrated approach to securing (the grounds)," spokesper-

son Sgt. Marc Ménard said.

RCMP and Parliament security are aware of plans for action on the Hill or in the Parliament Buildings and that some of the demonstrators are planning to get arrested, said Ménard. He wouldn't say whether the RCMP is concerned for anyone's safety. ● JESSICA SMITH

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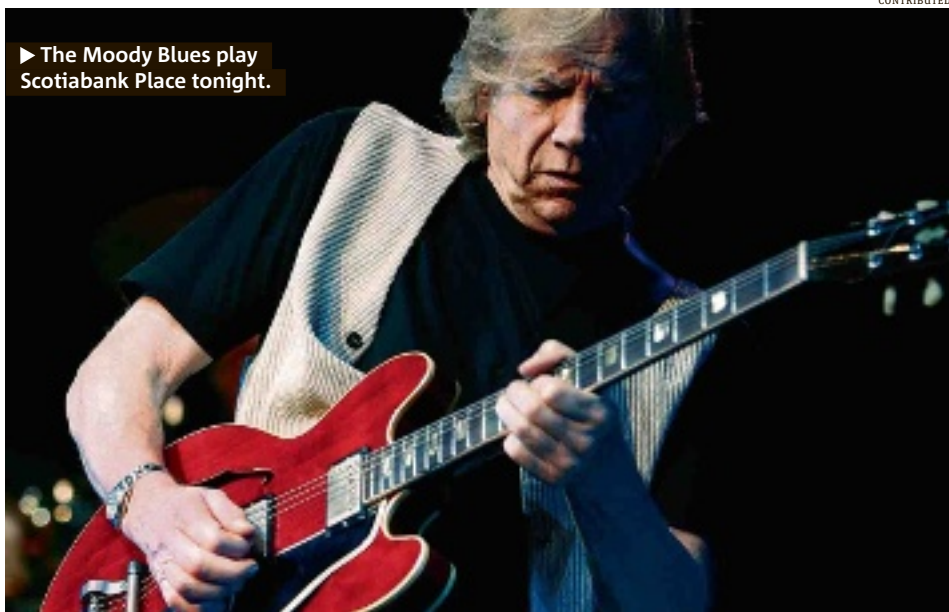
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► The Moody Blues play
Scotiabank Place tonight.



Moody music in Ottawa tonight

► Concerts have something for everyone, says Moody Blues' Justin Hayward ► Crowd expected to be diverse



SEAN MCKIBBIN
@METRONEWS.CA

It's a rare rock 'n' roll band that survives more than 40 years, and rarer still one that re-invents itself and keeps most of its fans. But tonight one such band will visit Ottawa for a concert at Scotiabank Place.

"With the Moodys, it's not so much what we play

as what we leave out," laughs the Moody Blues' Justin Hayward.

Audiences tend to be composed of people who were with the band from the start and its nights in White Satin Days, and those who rediscovered the band in the 80s when they splashed on the early music video scene with songs like I know You're Out There Somewhere and Wildest

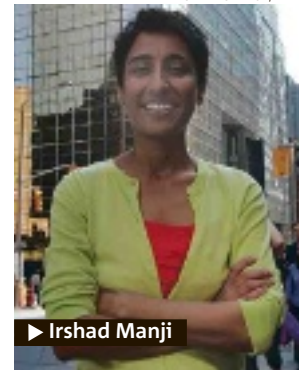
Dreams, Hayward said.

"There's so much material to choose from. We do things from every album we've made. We've got enough material to do three concerts," he said. "(The songs) are old friends. Every time I sing nights in White Satin, it means something to me and I hope to the audience."

Tickets are available at capitaltickets.ca.

Seeking the truth takes courage, author says

SEAN MCKIBBIN/METRO



► Irshad Manji

There's nothing wrong with asking questions, but many people won't ask them for fear of ridicule or rejection, says author Irshad Manji.

In Ottawa for a speaking engagement at an Ottawa Writers' Festival event at the Mayfair Theatre, Manji sat down with Metro to talk about her latest book, Allah, Liberty and Love.

Different people face different dangers when asking questions or speaking their mind, but bodily harm isn't usually what keeps people silent, she says.

"What I've learned over the years is that whether you are Muslim or non-Muslim, the first thing people fear is not violence, it's ridicule, it's rejection, it's mockery, whether you are a Muslim kid trying to explain to your parents that you've fallen in love with a Christian or a Jew, or

whether you are a middle manager at an investment house on Wall Street."

No stranger to speaking her own mind, and sometimes receiving threats because of it, Manji says her new book is very different from her last, the Trouble With Islam.

After writing the previous book in which she was critical of, among other things, human rights abuses committed in the name

of Islam, she says she was challenged by others to chart a more positive, hopeful course. She calls it a book about her own personal growth, as well as about the larger issues of clashing religions and geopolitics.

It's tough to sum up a conversation with Manji, whose passionate and wide-ranging views are perhaps only outstripped by her enthusiasm for exchanging ideas. But, essentially, she's calling for people to talk to each other, to ask questions even at the risk of being perceived as ignorant or a bigot. She also says people on the receiving end of questions need to not get offended, but to answer them.

"It's when we don't ask questions and don't talk that mistrust builds up," she says.

● SEAN MCKIBBIN

Teens charged in swarming

Police have charged two Toronto teens in relation to the swarming of a woman in her mid-20s at the O-Train station in June.

The pair was charged with one count of robbery.

● METRO

New suspect in murder case

Gatineau Police say they have a fourth suspect in the tampering case of murder victim Valerie Leblanc.

The Crown will now decide whether to lay charges.

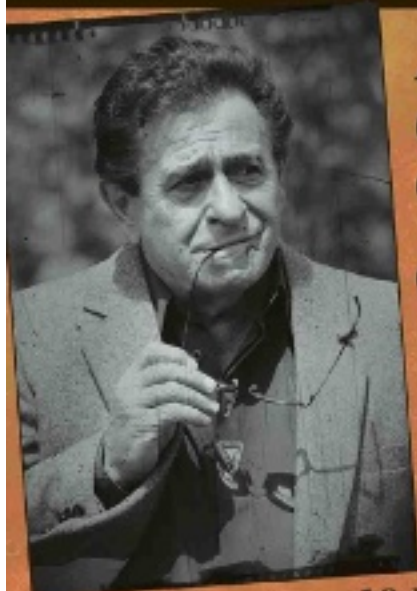
● METRO

More space for commuters

The City of Ottawa says the expansion of the Fal-lowfield Park & Ride in Barrhaven has been completed, with the addition of 570 new parking spaces, for a total of 1,665.

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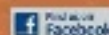
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► Recent incidents in France and Japan are reminders of nuclear danger
 ► Editor Melita Kuburas tours ground zero and villages surrounding site of the world's worst nuclear disaster

Into the radiation zone: Metro visits Chornobyl



MELITA KUBURAS
 @METRONEWS.CA
 IN UKRAINE

Security guards at the entrance to the 30-kilometre exclusion zone have a list of rules for our group as we wait to enter the contaminated area.

"Do not touch anything, wear long sleeves and closed-toe shoes." This is followed by a stern caution from the guide taking UN development program volunteers inside. "Remember, you are not tourists here."

After the recent Fukushima disaster in Japan, the International Atomic Energy Agency announced this week a projected slowdown on the growth of nuclear power. Chornobyl to this day is evidence of what happens

when things go wrong.

More than 25 years after the Chornobyl meltdown, about 3,500 people are still required at the plant just to keep safety mechanisms operating. It can't be fully shut down. Another 3,000 work as maintenance, security and decontamination staff outside of it — although they only work two weeks a month, due to high radiation levels.

Standing in front of reactor No. 4, which is enclosed in an aging, rusted tomb called the "sarcophagus," our beeping hand-held dosimeter shows external radiation levels to be about 30 times higher than in the capital, Kyiv.

"But this isn't the most radioactive place we will see," the guide says with a sardonic grin. "I will show you where it's much higher."



► Giovanni Mozzarelli, program officer at the United Nations Development Programme in Ukraine, holds a dosimeter in front of nuclear reactor No. 4 in Chornobyl during a day trip to the exclusion zone on Aug. 30. The external-radiation reading on the beeping dosimeter showed levels to be about 30 times higher than in Ukraine's capital, Kyiv.

This spot turns out to be a patch of moss behind the cultural centre in the abandoned town of Prypiat. The town used to be home to about 50,000 people who

evacuated in about three hours the day after the accident.

To avoid panic, residents were told they would be returning to their homes, so

they packed light. Their belongings were left to decay, were destroyed in the decontamination process or were stolen by looters. Some personal items are

still strewn amid the rubble — Soviet posters, children's books, an old tennis shoe in the Cultural Centre's gymnasium. The town today is just decrepit buildings amid overgrown foliage.

Subsidies little more than small potatoes

MELITA KUBURAS/METRO



► Two women carry potatoes grown within Chornobyl Zone 3. Potatoes are what most people depend on for sustenance during the winter or as a means of modest income.

While the Ukraine government is legally bound to deliver subsidies to those living in affected regions, the average resident receives the equivalent of less than 50 cents per month.

That's not nearly enough, considering that they had been promised salary bonuses for finding work and money to pay for students' breakfasts.

Dmytro Petrusenko, head of the Bordinianka District State administration, said that if all of the promised subsidies were paid out in full, it would amount to one fifth of Ukraine's entire state budget.

"We need a radical change — an elimination of all subsidies," the government official advocates.

● MELITA KUBURAS

WHY THEY STAYED BEHIND

'We didn't want to live in Siberia'

After the incident, Maria Bovsunivska and her two children were given the choice to move from their small town, a few hours from the capital, Kyiv.

They chose to stay.

Her 25-year-old daughter, Tatjana, said they didn't like what was being offered.

"We didn't want to live in Siberia," she said briskly while her mom gently nodded her head in agreement.

Some of their neighbours were relocated to small apartments that they had to share with other families.

To Maria's family, that was evidence they made the right choice by staying put. ● MELITA KUBURAS

Out-of-work youth

► On a hot August morning, a handful of clients are at a Luhny unemployment centre for a workshop aimed at helping people under 30 to get jobs.

► "A well-qualified construction worker is much more valuable than an under-qualified engineer," Olga Omelychuk, the orientation specialist tells them.

► In the town of about 4,000

people, about 550 are registered as unemployed.

Brochures at the centre promote jobs such as electricians and tractor drivers.

► A blonde woman says she is trained as a dentist but wants to find work as a cook.

► Leaving for a larger city is difficult. If they can't immediately find work, the cost of living becomes too high and they're forced back to Luhny.

The dangers of a 100-kilometre diet

MELITA KUBURAS/METRO

In Luhny, a small village about 100 kilometres from the exclusion zone, the number of people treated for cancer at a local hospital has increased 30 times since 1986, according to Dr. Ivan Godlevski.

In Norodichesky, bordering Chornobyl, a study by a Canadian-trained biological sciences professor found that local children have reduced pulmonary function.

"Many of the children



► An elementary school principal in a Chornobyl-affected village shows off a sunflower on a family farm.

have significant (radiation) doses as a result of what they're eating," said Timothy Mousseau, study co-author and instructor at the University of South Carolina.

In Zaliznytsia, a village in Ukraine's northwest Volyn region, a local gym teacher says about half of the elementary students are exempt from cardiovascular gym classes because of health problems.

● MELITA KUBURAS

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No mourning for dying Olson

► Killer's cancer spreads ► Many say: Good riddance

Beast of B.C.

- Olson, once dubbed "the Beast of B.C." in media reports, had been serving a life sentence at a maximum-security prison.
- He was handed 11 concurrent life terms in 1982 after pleading guilty to the murders, which occurred in and around the Vancouver area in 1981.
- The admission followed a deal that paid Olson \$100,000 to lead police to the remains of his young victims.
- The case — especially the blood-money payoff — sparked a storm of controversy.

Reports that Clifford Olson, Canada's most reviled serial killer, is just days from death sparked a flood of vitriol yesterday.

A national newspaper was forced to block most of the public commentary on its website — a fitting illustration of how Canada feels about its most notorious criminal.

"A good-news story," wrote one reader.

"His final judgment will be in a higher court," said another.

Victims' families say Olson's last breath will bring some closure decades after his murderous spree.

Sharon Rosenfeldt, the mother of one of his 11 vic-

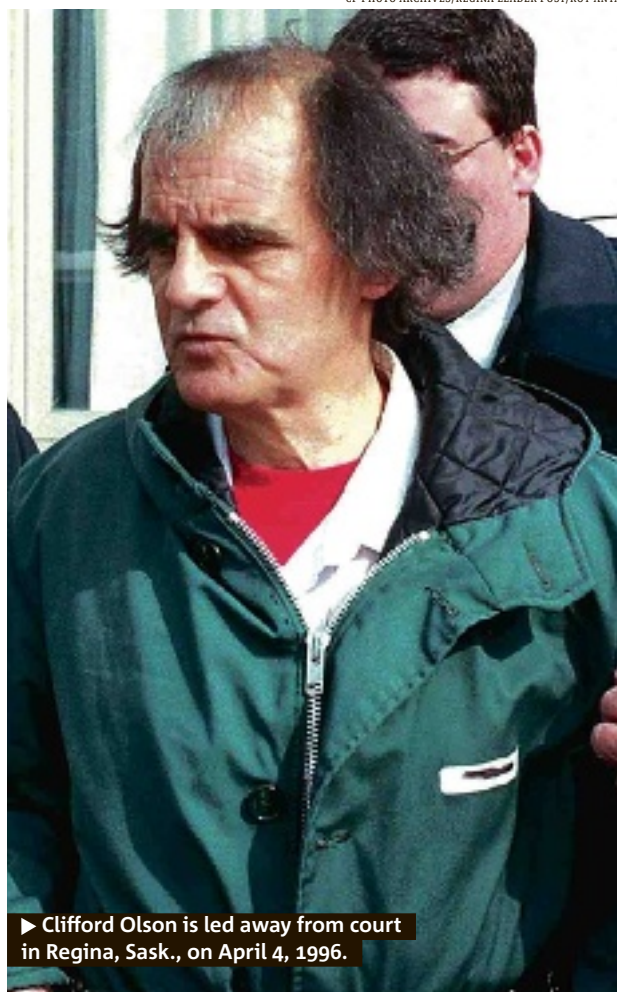
tims, said the weight of Olson's actions has been hanging around her neck like a heavy necklace for three decades.

"I think it will lighten somewhat with his death. Actually, I think it'll lighten quite a bit with his death," she said.

Olson has been moved to a hospital in Quebec and officials have told the family members of his victims that he isn't expected to live out the month.

Rosenfeldt, 65, said she was told by the commissioner for Corrections Canada that the 71-year-old killer's cancer has spread through his body.

THE CANADIAN PRESS



► Clifford Olson is led away from court in Regina, Sask., on April 4, 1996.

'A sexual sadist ... he'll kill again'

"Mr. Olson presents a high risk and a psychopathic risk," National Parole Board panel member Jacques Letendre said at Olson's 2006 parole hearing.

"He is a sexual sadist and a narcissist. If released, he will kill again."

Olson's victims, killed over an eight-month period between Nov. 17, 1980, and July 30, 1981, were boys and girls aged between 13 and 17.

He was arrested on Vancouver Island.

Olson faced 10 first-degree murder counts as his trial began Jan. 14, 1982.

But he reversed his not-guilty plea, admitted to 11 killings and was sentenced to life with no parole eligibility for 25 years.

THE CANADIAN PRESS

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Deadly typhoon buffets Tokyo

- ▶ No new damage at nuclear plants, engineers report
- ▶ Storm triggers landslides in region hit by tsunami

A powerful typhoon slammed into Japan yesterday, halting trains and leaving 13 people dead or missing in south-central regions before grazing a crippled nuclear plant and heaping rain on the tsunami-ravaged northeast.

Officials at the Fukushima Dai-ichi plant, where engineers are still struggling with small radiation leaks due to tsunami damage, expressed relief that Typhoon Roke's driving winds and rain caused no immediate problems there other than a broken security camera.

"The worst seems to be over," said Takeo Iwamoto, spokesman for plant opera-

Typhoon Roke

- ▶ More than 200 domestic flights were cancelled and some bullet train service suspended across Japan.
- ▶ Toyota Motor Corp., Japan's leading auto maker, shut down its plants as a precaution.
- ▶ In the flooded central city of Nagoya, rescue workers helped residents evacuate in rubber boats.

tor Tokyo Electric Power Co., after the storm passed just west of the plant on its way north.

But the typhoon brought new misery to the north-

eastern region already slammed by the March 11 earthquake and tsunami, dumping up to 42 centimetres of rain in some areas.

More than 200,000 households in central Japan were without electricity late yesterday. Police and local media reported 13 people dead or missing in southern and central regions, many of them believed swept away by rivers swollen with rains.

In Tokyo, where many rush-hour commuter trains were suspended, thousands of commuters trying to rush home were stuck at stations across the sprawling city.

THE ASSOCIATED PRESS

India. Disaster



▶ Indian villagers evacuated by helicopter from Chungthang arrive at a helipad in Mangan, India, yesterday.

ALTAF QADRI/THE ASSOCIATED PRESS

Death toll mounts in quake

Soldiers in northeastern India cleared a path yesterday to a hydroelectric project where 17 people were confirmed killed by landslides from Sunday's powerful Himalayan earthquake in the region, bringing the overall toll in the disaster to 99.

Lawsuit in wrongful conviction

After spending much of his adult life in prison for a grisly murder he did not commit, Kyle Unger is now suing for compensation.

Unger is seeking \$14.5 million — roughly one million for every year he spent behind bars — plus interest for being wrongfully convicted of killing a teenaged girl at a rock concert south of Winnipeg in 1990.

Unger, who is now 40, was convicted of killing 16-year-old Brigitte Grenier at a music festival near Roseisle, Man. Grenier had been beaten, strangled and mutilated and was found in a wooded area at the festival site.

He was sentenced to life in prison, but as the years went by, the evidence used to convict him started to unravel.

THE CANADIAN PRESS

ADVERTISING FEATURE

RECYCLE FROG

(613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

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12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

September 26 to December 17, 2011

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (5 LEVELS)

September 26 to December 17, 2011

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

October 17 to November 11, 2011

Level 1 and 3 - 12:30 pm to 3:30 pm;

Level 2 and 4 - 9 am to noon;

Level 5 and 6 - please check our website

November 21 to December 16, 2011

Level 1 and 3 - 9 am to noon;

Level 2 and 4 - 12:30 pm to 3:30 pm;

Level 5 and 6 - please check our website

FEES: \$30.00

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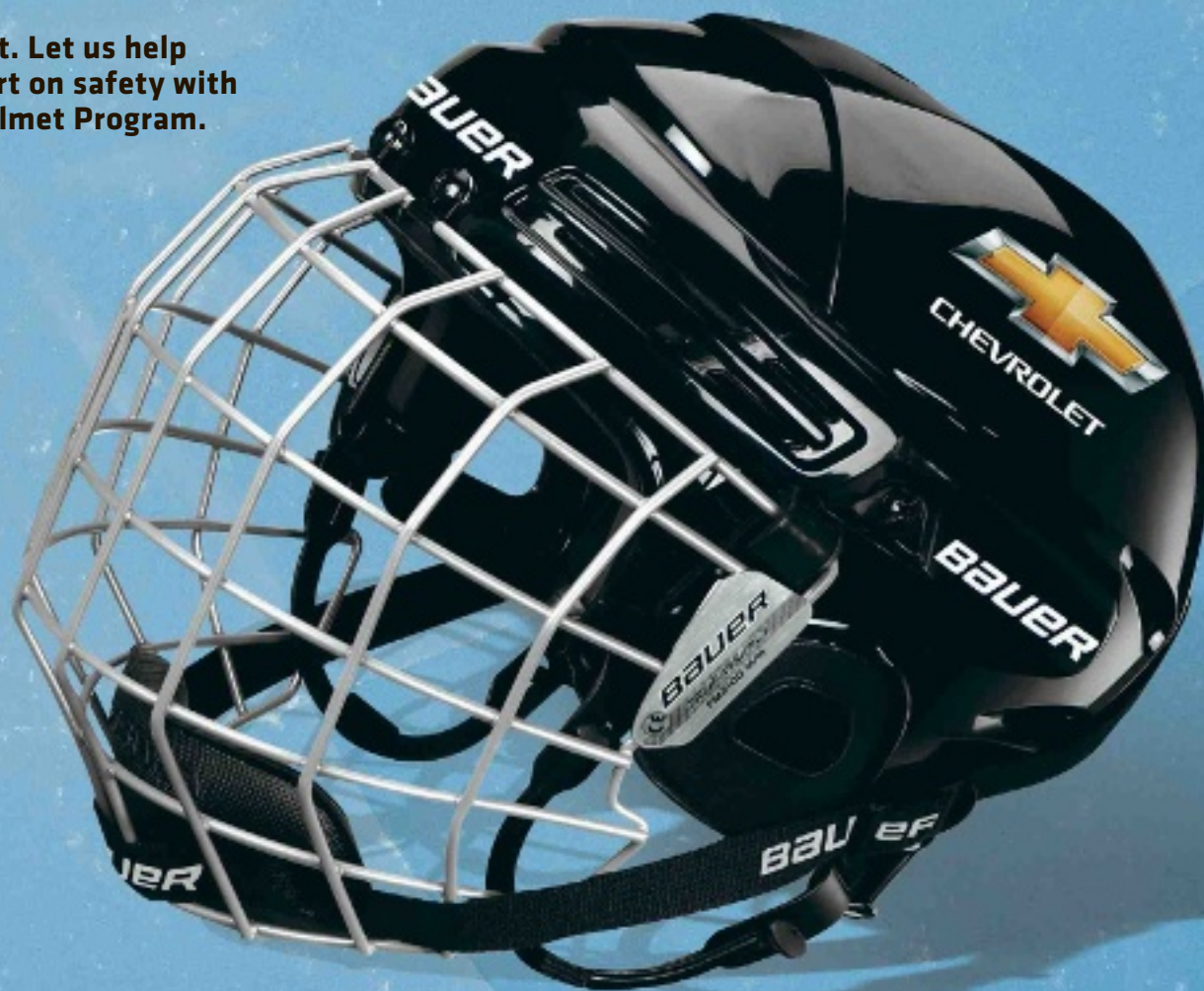
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* Limit of one (1) BAUER 2100 HELMET COMBO-JR per child. Helmet offer valid for children born in 2006, registered with a Canadian Minor Hockey Association. Proof of age and minor hockey registration of child required. Offer available from August 1, 2011 to February 28, 2012.

Just what the doctor ordered ...

► GPs move to boost quality of care

Canada's family doctors have released a blueprint that shows a caring bedside manner.

Its focus: Timely access to care for all Canadians.

The College of Family Physicians of Canada envisions a personal family doctor for every person in Canada by 2020 and family practices that serve as the "patient's medical home."

"We think there has been a fall-off in the quality of care that has been provided for Canadians because of the difficulty accessing and navigating the system," said Dr. Calvin Gutkin, CEO of the col-

Good health

- Dr. Rob Boulay, president of the college, said all Canadians should expect to have a family doctor and the co-ordinated services of other health-care professionals, including nurses, pharmacists and specialists.
- An infusion of \$340 million in federal money is going toward accelerating the adoption of electronic medical records by clinicians, it's reported.

lege, which represents 26,000 family physicians. **THE CANADIAN PRESS**



Seal. See ya

► **Heading home:** A young seal rescued by Vancouver Aquarium is released into North Vancouver's Deep Cove. Young seals are only released to their normal habitat when they have shown they can forage for food on their own.

CHELSEA ALTICE/FOR METRO IN VANCOUVER

Life's going swimmingly

Study finds Canadians think sugar is so sweet

Do Canadians have a sweet tooth?

A new Statistics Canada report found Canadians consumed 26 teaspoons of sugar a day, which works out to 21 per cent of their daily calorie intake.

The U.S. Institute of Medicine says no more than 25 per cent of total daily energy intake should come from added sugars.

The World Health Organization recommends



Sugar, daddy?

- The Canadian study shows 31 per cent of sugar consumed was from vegetables and fruit, but 35 per cent came from foods like soft drinks and candy.
- Sugar consumption was lowest among women 71 and older and highest among teenage boys.

a daily maximum of 10 per cent of calories from free sugars, that is added sugar, syrups or honey.

THE CANADIAN PRESS

GPS keeps tabs on kids

Daycare centres in Sweden are using GPS systems to keep tabs on children during excursions.

But some parents fear the technology will be

used to replace staff.

Monica Blank-Hedqvist, boss of a Borlange day care centre, said yesterday her staff have been using GPS devices during supervised walks in the forest: the kids wear vests with transmitters that staff can track on a screen.

THE ASSOCIATED PRESS

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168 Rideau St
Bayshore Mall

173 Montreal Rd
888 Meadowlands Dr East, Unit 8
Hazeldean Mall
2446 Bank Street, Unit 103

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Dealers**

Rocknet Telecom: 1020 St. Laurent Blvd, Unit 12
Bullo Wireless: 1414 Walkley Rd
IGO Cyber House Inc: 223 Bank St

Joe Mobile Tech: 780 Baseline Rd, Unit 22
RB Computing: 235 Stafford Rd W, Unit 101

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AND YET...

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BECAUSE I AM A GiRL I am the heart of my community.

BECAUSE I AM A GiRL I will pull my family out of poverty if you give me the chance.

BECAUSE I AM A GiRL I will take what you invest in me and uplift everyone around me.

BECAUSE I AM A GiRL I can change the world.

At Plan Canada, we know the power of girls. Although girls in developing countries are often the poorest of the poor, at the same time it's proven that investing in girls is key to eliminating poverty. And it starts with people here in Canada who care about the world. Go to becauseiamagirl.ca and join the movement. You can be part of the answer.

GIRLS are the answer. And so are **YOU**.



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News in brief

ASSOCIATED PRESS FILE PHOTO



► Freed Americans Shane Bauer and Josh Fattal

Jailed U.S. duo freed in Iran

TEHRAN, IRAN. Two Americans jailed in Iran as spies left Tehran yesterday bound for the Gulf state of Oman. Iran's clerics released the pair from Tehran's Evin prison on \$500,000 bail each. **THE ASSOCIATED PRESS**

Tropical storm hits Pacific

MIAMI, FLORIDA. Tropical storm Hilary has formed

in the eastern Pacific south of Mexico.

Hilary has maximum sustained winds near 65 kph. The U.S. National Hurricane Center says Hilary is expected to strengthen and could become a hurricane in a few days.

THE ASSOCIATED PRESS

Assange bio published

LONDON. A long-awaited memoir by WikiLeaks founder Julian



Assange is finally being published — without his approval. British publisher Canongate said yesterday that the "unauthorized autobiography" will go on sale today.

Assange began working with a ghostwriter on the book last year, but later declared, "all memoir is prostitution."

THE ASSOCIATED PRESS

Gunmen dump 35 bodies in heart of Mexican city

► No conclusions yet from surveillance video, prosecutors say ► Some escaped convicts still missing

Suspected drug traffickers dumped 35 bodies at rush hour beneath a busy overpass in the heart of a major Gulf coast city as gunmen pointed weapons at frightened drivers. Mexican authorities said yesterday they are examining surveillance video for clues to who committed the crime.

Horrified motorists grabbed cellphones and sent Twitter messages warning others to avoid the area near the biggest shopping mall in Boca del Rio, part of the metropolitan area of Veracruz city.

The gruesome gesture marked a sharp escalation in cartel violence in Veracruz state, which sits on an important route for drugs and Central American migrants heading



► Soldiers and police block off an area where 35 bodies lay under an overpass in Veracruz, Mexico, yesterday.

north.

Local media said that 12 of the victims were women and that some of the dead men had been among prisoners who escaped from

three Veracruz prisons on Monday, but Escobar denied the escaped convicts were among the dead. 14 of the 32 escapees were caught. **THE ASSOCIATED PRESS**

Crime in Veracruz

- Veracruz state Attorney General Reynaldo Escobar Perez said the bodies were left piled in two trucks and on the ground under the overpass. He said some of the victims showed signs of torture.
- Among the bodies was a local police officer who had gone missing two weeks ago, Escobar told W Radio in Mexico City.
- Police have identified 32 of the victims so far and maintain they all had criminal records for acts such as murder, drug dealing, kidnapping and extortion and were linked to organized crime, said Magda Zayas, spokeswoman for the Veracruz Attorney General's Office.

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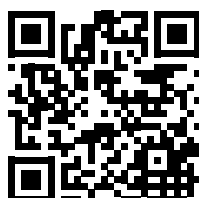
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¹ *The Economic Impacts of the Wind Energy Sector in Ontario 2011 – 2018*, by ClearSky Advisors
http://www.canwea.ca/wind-energy/talkingaboutwind_e.php
² *Behind the Switch: Pricing Ontario Electricity Options*, by the Pembina Institute
<http://www.pembina.org/media-release/2237>



www.windformycommunity.ca

Graphic ciggie ads to go up in smoke?

A U.S. judge peppered a government lawyer with questions yesterday expressing doubts about whether the Food and Drug Administration can force tobacco companies to post images on their cigarette packages showing the effects of smoking.

At question is whether the nine graphic images proposed by the FDA convey just the facts about the

risks of smoking or go beyond that into advocacy.

They include a cloud of cigarette smoke within inches of a baby's face and a dead smoker on an autopsy table with surgical stitches in his chest.

If the judge concludes the images equal advocacy, it's more likely that the tobacco companies can stop the latest regulation move.

THE ASSOCIATED PRESS



► Two of the new warning labels cigarette makers may have to use on packages by the fall of 2012.

Fest revelers facing beer rip off: group says

► Watchdog group that monitors beer pouring says Oktoberfest participants get denied fair suds

A Munich consumer watchdog group says Oktoberfest revelers are being shorted on beer at the famous Bavarian beer festival.

In a test of 100 standard mass mugs conducted by the Association Against Fraudulent Pouring — a group that's been running for more than a century — not one was full, the organization said yesterday.

In tests conducted across a dozen Oktoberfest tents Tuesday, 1-litre (33.8-ounce) mugs ranged from being filled with 24.7 ounces of beer from one vendor to a respectable 31.8 ounces at another.

THE ASSOCIATED PRESS

Sud scene

► More than six million guests from around the world are expected to descend on the beer tents of Munich for this year's Oktoberfest, happening for 17 days.

► Last year, visitors to the fest consumed some 7.1 million mugs of beer.

► Oktoberfest is the world's largest beer festival, running from Sept. 17 until Oct. 3.

► It's one of the most famous events in Germany.



► People reach for a mug of beer after the opening of the famous Bavarian Oktoberfest event in Munich last Saturday. The event runs until Oct. 3.

Netflix seals Discovery and TLC programs

Netflix Inc. said yesterday that it has entered a two-year agreement that will let its members watch older episodes of shows from Discovery, TLC, Animal Planet and other channels.

The non-exclusive agreement, which Netflix signed with Discovery Communications, will let members stream the shows over the Internet to their TVs and computers. The agreement also covers the channels Investigation Discovery, Science and Military Channel, and includes shows such as TLC's Say Yes to the Dress and Animal Planet's River Mon-

sters.

Netflix has been under fire this week for its decision to separate its Internet streaming division from its DVD-by-mail division.

Customers who get both will now have to visit two websites to make video requests and update their bills, and they'll have to pay more for the DVDs. The company sees it as a way to get ahead of consumers' shift away from the old-media discs, but some customers are annoyed and have threatened to leave.

THE ASSOCIATED PRESS

Latest iPhone en route?

Apple hasn't said when it will release the next version of the iPhone, but former U.S. vice-president and current Apple Inc. board member Al Gore believes new iPhones will be here in October.

Gore spoke yesterday at the Discovery Invest Leadership Summit in Johannesburg, South

Africa. Toby Shapshak, the editor of Stuff Magazine's South African edition, said Gore's mention of "the new iPhones coming out next month" was a plug for the next installment.

Gore's comments, which Shapshak said he recorded on his iPhone, were reported earlier by TheNextWeb. If Gore is right, that could indicate Apple will introduce more than one model.

An Apple spokesman declined to comment.

A new iPhone is expected this fall.

THE ASSOCIATED PRESS

Zimbabwe aircrafts to keep flying

Zimbabwe's tourism minister says the African nation will not shut down its bankrupt state airline but foreign partners are being sought to rescue it and manage its debt.

Minister Walter Mzembi says the government-owned Air Zimbabwe cannot be dismantled without damaging the nation's image worldwide.

The airline's collapse is being blamed on mismanagement and three pilot strikes in the past 10 months over unpaid salaries. THE ASSOCIATED PRESS

Market moment

Dollar



- 1.23¢
(99.41¢ US)

Natural gas

1,000 cu ft
\$3.730
(+ 6.8¢)

Gold contracts
\$1,808.10
(- \$1.00)

Oil



- 1.00¢ US
(\$85.92 US)

TSX



- 254.87
(11,955.01)

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6	<input type="checkbox"/> QUICK PICK				
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11	<input type="checkbox"/> QUICK PICK				
12	<input type="checkbox"/> QUICK PICK				
13	<input type="checkbox"/> QUICK PICK				
14	<input type="checkbox"/> QUICK PICK				
15	<input type="checkbox"/> QUICK PICK				

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LISTEN, YOU DON'T WANT TO UPSET THIS TEACHER

HE SAYS ...

JOHN MAZEROLLE
METRO



Hi, kids! I'm here to talk to your class about teachers because they're important people to ... HEY! SHUT UP AND LISTEN!

I'm not a teacher, so I can say that. So no talking, eyes front, iPhones on vibrate, safety on all weapons.

Teachers change your life, kids. They help burst the protective bubble that parents have been building around you in the hope that you would never discover drugs, Darwin or Megan Fox.

Yet some of you give teachers a hard time and ... hey! No cheering!

This is what I mean. Teachers enter the profession filled with idealism but leave the classroom cynical and dispirited — usually by lunch hour.

One in three Canadian teachers leaves the profession after five years. I said NO CHEERING! Most get jobs in more relaxing professions, such as bomb disarmament. "I snip the wires and can feel my self unwind," one former teacher said.

No one cares about teachers, kids — not even adults. A

teacher can be in the news because a deranged student bit off his nose, and all the adults watching will think, "Wish I got summers off."

Many teachers have cracked. Unfortunately for you, I have the solution. The problem is teachers have been treating you as allies.

Meanwhile, you ripped up the teacher-student contract, made it into spitballs, and fired them through the Empty Pen Casing of Disrespect.

Well, your reign of terror is over.

See, I remember which teachers got respect. It wasn't the nice ones who wanted to help. Those teachers crumbled like the Wagon

Wheels in my packed lunch.

No, the teachers in control were the ones who had an aura of menace: Dr. Dunn, whose title stirred up dread; Mr. Comeau, whose possibly apocryphal history of teenage knife fights awed us all; and Mr. Smith, whose unblinking eyes said, "You cannot comprehend how little I think of you."

The thing is, none of these teachers did anything threatening. They barely raised their voices. But there was always the fear of ... well, we weren't sure, but we knew it would be a Bad Thing.

So get ready, students. I'll be sharing this secret with teachers and they'll be spreading rumours about themselves nationwide. Principal Peterson? He has a punishment called "The Belt Buckle of Death." Miss McIntyre? Out on parole. And don't get Mr. Banner angry. You won't like him if he's angry.

Teachers will regain control, and they'll be able to get back to what they do best: pushing you up a grade regardless of merit.

Now, class, let's open our books to Megan Fox ...

Read more of John Mazerolle's columns at metronews.ca/hesays

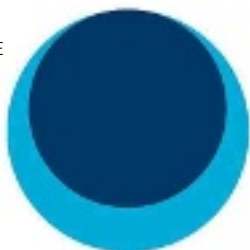


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and take the quick poll

What's the best way to celebrate Thanksgiving?

60%

PLAY THE ROLE OF GUEST — NO COOKING, NO CLEANUP.



40%

PLAY THE ROLE OF HOST AND MAKE A BIG FEAST.

Worth Mentioning

U.S. REAL ESTATE. In America, it's starting to feel as if there are two housing markets. One for the rich and one for everyone else.

Consider foreclosure-ravaged Detroit. In the historic Green Acres district, a haven for hipsters, a pristine, three-bedroom brick Tudor recently sold for \$6,000 US.

Yet just 25 kilometres away, in the posh suburban enclave of Birmingham, bidding wars are back. Multimillion-dollar mansions are selling quickly. Sales this August were up 21 per cent from the previous year.

In the luxury sector, the recession is a memory and sales and prices are rising. But everywhere else, the market is moving sideways or getting worse.

In the housing market inhabited by most Americans, prices have fallen 30 per cent or more since the peak in 2007. That's a steeper decline than during the Depression.

Almost a quarter of American homeowners owe more on their house than it's worth. Another quarter have less than 20 per cent equity.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

What's in a name? \$1 million, apparently

Windsor-area band The Tea Party may be feeling the temptation to sell the rights to their domain name to the U.S. political movement, according to the CBC.

A Bloomberg Businessweek report says the band's domain name, teaparty.com, could sell for as much as \$1 million US.



► The Tea Party

The band, which split up in 2005, tells Businessweek they are considering auctioning off the domain name, or at least renting it out even though they aren't fans of the political Tea Party movement.

The band's tag line is "No Politics ... just rock 'n' roll." ● METRO

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WELCOME

The Ottawa Fashion Week Council is a not-for-profit organization dedicated to promoting arts and culture in the Nation's Capital. The first season of OFW was held in May 2008 at the Ottawa Arts Court and quickly became one of the highlights on the Ottawa events and fashion calendar.

Each season, OFW remains true to its mandate of exposing event attendees to local, national and international artistic talent through fashion, music and the visual arts. This season, artists and fashion designers from across the country and the globe will showcase their talent at Ottawa's newest architectural wonder — the Ottawa Convention Centre — for what is surely to be the biggest and most extravagant season yet.



PLACE TO BE SEEN

HUB OF ACTIVITY

The place to see and be seen in between the shows is the Front Stage Lounge.

Grab a drink at the bar, get some snaps of your beautiful self in one of the many photo booths provided by our generous sponsors, and tweet about the evening's shows with other attendees live on the massive LCD screens. Don't forget to hit the OFW Marketplace, where incredible Canadian designers will be setting up mini pop-up shops exclusive to Ottawa Fashion Week.

Another great service for guests in between shows is the complimentary hair and makeup touch ups.

Be one of the first to experience L'Oreal Professional's newest luxury serum MYTHIC OIL. After glamming up, browse the exclusive Beauty Boutique and enjoy amazing discounts on your on-site order.

On your way back into the next show, enter some amazing contests, grab a sweet swag bag and stay beautiful at home.

Don't forget to check out these amazing designers showcasing in the marketplace: Talin Design; MoxyMaus; La La Land (Arfie Lalanie); Stella & Dot; Sean Ward Jewellery Design; and Demulabel.

PERFORMER SCHEDULE

At the Front Stage Lounge:

Sept. 29: 4-5 p.m., Orphan Pool (Lidija Marie); 6-7 p.m., Samantha Chan; 8-9 p.m., May-Jun.

Sept. 30: 4-5 p.m., Renee Landry; 6-7 p.m., Sound of Lions; 8-9 p.m., Justice R.F.

Oct. 1: 4-5 p.m., Hand & Teeth; 6-7 p.m., May-Jun; 8-9 p.m., Armen at the Bazaar.

ottawafashionweekschedule

Thursday September 29, 2011

Friday September 30, 2011

Saturday October 1, 2011

4pm	Doors Open	Doors Open	Doors Open
5pm	 Birds of North America  <i>Amber Watkins</i> Amber Watkins  valérie dumaine Valerie Dumaine	 ILLYRIA Illyria Design  <i>Everyone has a Dream</i> Karine Breton  <i>Kania</i> Kania	 Jana Hanzel & Emilia Torabi  paiDeMOYO DeMOYO
6pm	Break	Break	Break
7pm	 MICALLA <i>jewelry & design</i> Micalla  ANOMAL Anomal	 iNu.I iNu.I  ALEXIS Alexis Reyna	 rachel sin Rachel Sin  Symbiose by Hinda A. Symbiose by Hinda A.  SAMUEL DONG Samuel Dong
8pm	Break	Break	Break
9pm	 SIMON EKRELIUS Simon Ekrelius  RUD Rud by Rudsak	 <i>Ralph Leroy</i> Ralph Leroy  TRAVIS TADDEO Travis Taddeo	 <i>McCaffrey</i> David McCaffrey  Edit by Jeanne Beker



ORPHAN POOL

Orphan Pool brings together dissonant guitars into washy vocals. All of this is created with an awareness of the meagre setup: There are no looping pedals or drum machines. Sounds are generated instead from old Casio keyboards and fuzzy amps, thus creating a sparse hum similar to the project's name. Check out the sound: photogmusic.com/?p=13157



JUSTICE R.F.

Acoustic rocker Justice R.F.'s sound is one that is stirring, yet simplistic. His songs feature solely his voice and a guitar, and he labels his sound as "alternative folk," among other things. His low-toned expressions speak to the concepts of nature and love. Check out the sound: Website: myspace.com/justicerf; Facebook: facebook.com/profile.php?id=509023082; Twitter: @JusticeRF



RENÉE LANDRY

Renée Landry's jazzy pop songs sound somehow upbeat and sensual all at once. With a love of music, and a passion for performing, Landry's raw acoustics and vocals create a sweet combination of blues singing with saloon-style instrumentation. Check out the sound: Website: myspace.com/reneemlandry; Facebook: facebook.com/rmoniquelandry; Twitter: @ReneeMLandry



THE SOUND OF LIONS

Well-known in Ottawa for their deep singing and spoken word, The Sound of Lions seamlessly blends two vocal techniques to make an intriguing mix of melodies capable of enchanting even the most discerning ear. Check out the sound: Website: soundoflions.com; Facebook: facebook.com/pages/Sound-of-Lions/113547838658847; Twitter: @soundoflions



MAY-JUN

May-Jun is an Ottawa-based acoustic pop artist who is returning to Ottawa Fashion Week to perform for her second consecutive year. She not only sings and plays guitar, but also blogs about her adventures online. Her sweet and soulful melodies combine guitar and voice. Check out the sound: Website: mayjun.com; Facebook: facebook.com/mayjunmuse; Twitter: @mayjunmuse



ARMEN AT THE BAZAAR

From original tracks to modernized versions of classics such as Over the Rainbow, Armen at the Bazaar continually dazzles fans with his musical and mixing talents. Having released his latest album earlier this year, time will only tell what this dynamic artist will release next. Check out the sound: Website: armenatthebazaar.bandcamp.com; Facebook: facebook.com/armenatthebazaar

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UNIQUE STYLE

SAMUEL DONG MAKES OFW DEBUT

Fashion designer and president of his own international domain, Samuel Dong and his eponymous clothing line have been to the far reaches of the world over the past 20 years. With its roots deriving from a small factory in China, the Samuel Dong brand is synonymous with the well-travelled and can be found on every continent in addition to more than 2,000 boutiques, where the line is sold within North America.

Despite having his clothing sold all over the globe, Dong recently shared that he mostly receives his design influences from France, Italy and China, and also reveals that his designs are a “mixture of

Eastern and Western influences.”

Further to his design influences, Dong commends

his Chinese upbringing and his mother.

“She started as a dressmaker at the age of 19 and when I was a child, I could sew,” shares Dong. The designer grew up in the fashion industry and gained experience at a young age. Dong already had a background in sales and apparel production and, after receiving his degree in textile engineering, opened an office and showroom in New York City’s Garment District.

Fast-forward to now — Dong knows what women want.

According to the designer,

“Women consider clothing to be a

second skin and that every girl wants to show their best side to people.”

He adds, “Clothing must help her feel confidence and femininity.” The very woman Dong describes to wear his clothes is; “women with taste that love to dress up and is looking for an elegant and unique style.”

Elegant and unique style can certainly be found in Dong’s Spring 2012 collection. The designer used an array of colour, printed silk georgette, and chiffon for his latest collection.

Dong has showed at Montréal Fashion Week and presented at several trade shows, but will be making his debut at Ottawa Fashion Week this season at the Ottawa Convention Centre.



AFFECTING CHANGE

Boy Wonder, Montréal-based designer Travis Taddeo, has admirers pawing for the simple jersey fabrics and rich leathers synonymous with his luxury-meets-streetwear aesthetic.

Taddeo’s menswear and womenswear have seen stints on the fashion week runways of both Montréal and Toronto. His newest collection will grace the catwalk at his Ottawa Fashion Week debut. Says Taddeo of Ottawa; “Montréalers from Ottawa are amongst the finest in original style and streetwear credibility.”

All things inspire Calgary-born Taddeo, who counts his passion as an attribute that steered him into the direction of clothing designer. His design influences include a love for “Helmut Lang and Calvin Klein in terms of minimalism. The Italians for glamour and flash, and the Parisians for elegance and chic.”

The archetypal person to don a Travis Taddeo original? “Strong. Confident. Individualist,” asserts Taddeo. “Dry heat, restless adventures, streetwear



cool” is how the designer describes his Spring 2012 collection.

Part of Taddeo’s burgeoning success can be attributed to the designer’s impeccable work ethic. When asked what he sees for Travis Taddeo in the future, he simply responds, “A vertically integrated company with our own stores and distribution worldwide.”

What anyone can appreciate about Taddeo is his response to the question, “What is your goal” found in a video interview on his website. His response? “To grow. To have the power to effect change.”

Boy Wonder indeed.

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Meet Robin.

Robin is a PR student at USC, and one of our store employees. She loves snowboarding and thrift shopping. You'd probably never guess that she also broke her high school's pole vaulting record and speaks Dutch fluently. Robin is wearing the Cotton Spandex Jersey Long Sleeve Turtleneck with the Dark Wash High-Waist Jean.

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FORWARD THINKER

Q&A WITH SIMON EKRELIUS

Swedish-born, London-based clothing designer Simon Ekrelius and his self-titled line will be debuting at Ottawa Fashion Week this Spring 2012 season. His unique style includes forward-thinking tailoring with futuristic and boldly graphic custom-designed silk/cotton prints and material accents.

Ottawa Fashion Week — Describe the woman that wears your clothes.

Simon Ekrelius — She is a cool and inventive person. Often with her own style and ideas of her own look. She's not a follower; she is a fire starter, or perhaps someone who is so aware of herself that she may not even look in magazines to get ideas.

OFW — Why the decision to make the switch from haute couture to ready-to-wear?

SE — I will come back to "higher sewing" one day, but I felt it was time to focus on ready-to-wear and challenge myself. It took time but people now understand my fitting and style and I have created a trust in that. I also wanted to see my



CONTRIBUTED

clothes become more of a women's diary.

OFW — What do you see as the future of fashion?

SE — People are more aware of the environment these days and the "throw away/buy new" attitude is dying. That makes me very excited and to buy something really well-made from someone independent (rather than big generic companies), and to love and play with it until it's done is my way of the future of fashion. Perhaps fewer pieces, but way more composed and directed.

OFW — You have showed at London and Paris fashion weeks, why the decision to show in Canada?

SE — Hussein Rashid, the executive director of OFW, asked me over and over. After some thinking, "I thought why not try it?"

OFW — What was your reaction to Lady Gaga wearing your designs?

SE — Super cool. I remember the stylist was very excited, too, and kept saying "she loves this and this and this, when can we have it for her world tour?" It's a really yummy feeling to hear that people like her truly

admires something from your work.

OFW — Can you briefly describe your Spring 2012 collection, BAR-RED?

SE — It's one collection that has been nagging in my head for ages. You know that story that keeps popping up all the time and slowly growing to reality? It's a "love yourself" story based on Bauhaus. It's the circle, rectangle, square and the triangular shapes in one line. Using red, yellow, black, grey tones, off-white and a slash of orange and brown in different textures, too.

— Amoi Murphy

REYNA EXPRESSES FEELINGS NOTHING FAKE ABOUT BARCELONA DESIGNER

Educated at the prestigious fashion school Central Saint Martins, having designed for notable brands Philippa K and J. Lindeberg, and creating under his own name for nearly 15 years, Alexis Reyna of Barcelona will be bringing this to the runway for his debut at Ottawa Fashion Week this Spring 2012 season.

Ottawa Fashion Week — What is Alexis Reyna all about?

Alexis Reyna — Fashion, film and visual work, and music. Expressing feelings, something real. In these times where everything is fake. But strictly

in a fashion sense, it is all about clothes and bringing up emotions from it.

OFW — You received your education at Central Saint Martins where some influential designers have learned their craft, what was that like?

AR — The intellectual level was truly high. There were no fashion posers around; only true, nice and passionate individuals.

OFW — What do you think of the current state of fashion?

AR — To me, one thing is clear; the heyday of exciting, small

but deep spontaneous fearless revolutions in fashion is gone. What I mean by that is: The years of Prada investing in not-so-easy-to-sell Helmut Lang; the breaking of stereotypes (e.g. from a model perspective, the appearance of Kate Moss); Dior giving artistic control to a young fresh Galliano; Givenchy and Alexander McQueen, etc. ... Also, it was classic.

OFW — Why are you bringing your collection to Canada, more specifically Ottawa?

AR — Because I like to explore. And there was a chance of being invited, and well, here I am!

OFW — Briefly describe your Spring 2012 collection; what can the people of Ottawa expect to see?

AR — Well, first thing, for people with historical past references of my work, it's best not to expect anything. In this collection I really wanted it to be simple. It has the DNA of an Alexis Reyna with masculine references, wearable shapes. It mostly gives a message of austerity and spirituality without being pretentious and bombastic. No overproduced, digital, artificial, Baroque, Lady Gaga-esque flavours.

— Amoi Murphy

JEANNE BEKER: THE QUEEN OF CANADIAN FASHION

Jeanne Beker has graced the television screens of the fashionably inclined and has been a staple in the Canadian fashion scene for the past 26 years.

Her charm, spunk, and up-for-anything attitude has brought us fashion reporting from the far reaches of the world, including Paris, Milan, Rome, Brazil and Russia. She has also brought us into the homes (and hearts) of some of the most influential people in the fashion industry.

As a fashion influencer, Beker is the unofficial spokeswoman for Canadian designers; always highlighting our nation's up and coming designers — Greta Constantine, anyone?

Fashion Television and FashionTelevisionChannel, hosted and produced by Beker, have certainly provided an international stage for Canadian designers to showcase their talent — FT is broadcast not only in Canada, but Scandinavia, Belgium, Slovakia and the Czech Republic.

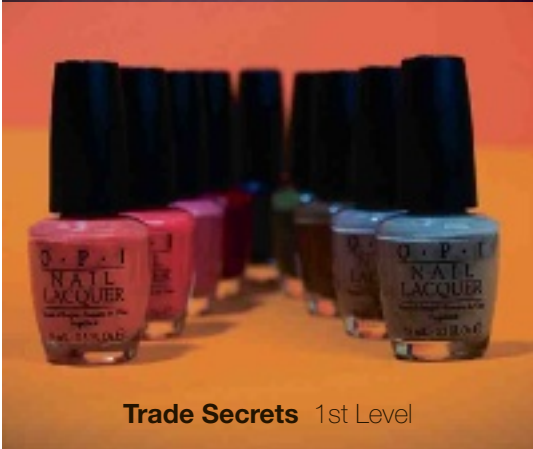
Needless to say, it's no surprise that last year, the queen of Canadian fashion released a clothing line: EDIT by Jeanne Beker. The line is backed by Beker, who has recruited the help of a manufacturer based in Montréal and oversees the selection of styles and fabrics — providing a few suggestions here and there.

EDIT really speaks to women in their 30s, 40s and 50s, of all shapes and sizes, who may not have the precious time to shop. The line features key basics and wardrobe staples with clean lines and a neutral colour palette (i.e. black, white, grey and camel), with fashion forward touches sprinkled in between.

Why else is EDIT a god-send? Its affordability and accessibility: It's available exclusively at the Bay.



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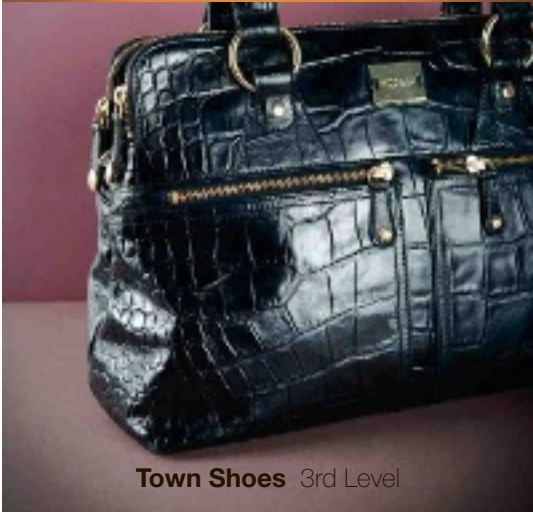
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► Descendant is releasing their sophomore album *Pass the Ammunition*.

Descending into hard rock

► Descendant's *Pass the Ammunition* mixes modern riffs with the hard stuff ► Time to reload

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



By early definition, hard rock is a form of loud, aggressive rock music. It started with use of distortion in the mid-'60s and developed into a major form of popular music in the '70s. The following decade, hard rock music hit its peak with the introduction of glam metal.

Today, however, the genre is a bit harder to define.

For the guys in Ottawa band Descendant, they see themselves as having descended, so to speak, from the roots of hard rock while still maintaining a modern rock sound.

"We are trying hard to keep up with trends and play music that is accessible to the current generation of music lovers," explains Descendant front man Raffaele Guarna, who describes his band's sound as a blend of modern hard rock with a classic heavy metal backbone.

CD release

- **When:** Tomorrow night at 9 p.m.
- **Where:** LiVE Lounge (128.5 York St.)
- **Tickets:** \$10 at the door

Descendant's sophomore album, *Pass the Ammunition*, combines old school heavy metal, distortion and plenty of guitars with the fast moving, in-your-face sound and gritty lyrics that dominate mainstream rock music today.

Just as the genre has evolved over time, so has Descendant. Among other

things, the band has survived two band member changes and two name changes since its inception five years ago.

Trying to establish their own brand of hard rock music is a tough enough task but Guarna admits that the live music scene in Ottawa can provide a few challenges as well.

"There is not a lot of camaraderie between the hard rock guys and it's fiercely competitive," he says.

"Part of the problem is that the definition of hard rock has changed so much over the last two decades

that people don't know, when they book a show, what it's going to sound like," the front man explains.

Another part of the problem might be the stigma that comes with hard rock and heavy metal music.

But, Guarna says, in the case of his band Descendant, they're just doing what any good musicians do, regardless of genre.

"We are merely trying to express ourselves about the same topics as the other guys," he says. "We just do it in a highly energetic and bombastic manner."



Neil Young



Neil Young's taking a look at his life for a new memoir. The tentatively titled *Waging Heavy Peace* is scheduled for release in fall 2012, according to an announcement from publisher Blue Rider Press issued on Tuesday.

THE ASSOCIATED PRESS



Saskatchewan-born jazz musician wins John Lennon music writing competition

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► Nathan Gamble, left, stars alongside Harry Connick Jr. and Winter the dolphin in the family adventure *Dolphin Tale*.

Connick Jr.: The dolphin whisperer

► Actor says he formed close bond with a very special marine mammal



RICHARD CROUSE
SCENE@METRONEWS.CA

Harry Connick Jr. says working with his co-star everyday was “really incredible.” He’s not talking about Morgan Freeman or Ashley Judd, although he enjoyed spending time on set with them. No, he’s referring to Winter, the titular star of his new film *Dolphin Tale*.

Winter is the real-life inspiration of the story of a bottlenose dolphin whose tail was lost in a crab trap. Rescued and rehabilitated by the folks at the Clearwater Marine Aquarium, the giant marine mammal was equipped with a prosthetic tail that allows it to swim normally.

“When you really got to

“When you start talking about an injured dolphin you could get kind of corny. But I think (director) Charles Martin Smith was hip to that and made a really sweet movie.”

HARRY CONNICK JR.

spend time with her you got the sense that she was aware of your feelings more than your presence,” he says.

“There were times when I had to apply the prosthetic to her, when you thought she could wipe me out with her tail if she wanted to but she was very calm. It was strange, like an otherworldly type of communication.

“I’ve been around dolphins before but there is something different about her. I guess it’s because

she’s been so ultra socialized, she’s been around so many different people since she was months old that maybe there is a different type of relationship she has with humans. I’m not sure. There is something you can feel. It’s pretty cool.”

“When we got her she was about 60 pounds and about two-and-a-half or three feet long,” says David Yates, CEO and director of the Clearwater Marine Aquarium. “Very, very small. A dolphin that small, with that kind of

trauma, is not expected to live at all.”

But Winter defied expectations and is now an inspiration for visitors to the aquarium, and starting this weekend, to movie audiences.

“I know exactly how the movie is going to impact people because we see it every day around here in real life,” says Yates.

“Winter is a young dolphin who lost her tale and wouldn’t give up, simply wouldn’t quit. People look at her, especially kids and they realize she is different, and what kid doesn’t think they are different?”

“But they look at Winter and go, ‘You know, she’s different and she’s OK. I’m different; I’m going to be OK.’ That’s the essence of the movie.”

Is there anything Hugh can’t do?

Hugh Laurie has won a Golden Globe and been nominated for an Emmy for his starring role on *House*. But those accolades didn’t do much to boost his confidence when he started recording his very first album, *Let Them Talk* — he says he was “absolutely terrified.”

The album is steeped in New Orleans blues, and Laurie sings, plays piano and guitar on classic tunes. *Let Them Talk* debuted in the United Kingdom at No. 2 last spring and was released in the United States this month. The 52-year-old Laurie talked about his music career during a recent interview with *The Associated Press*.

Did the success of your album in England make you feel more confident about releasing it in the United States?

I suppose so, yes, because you worry about your own family, don’t you? You worry about what your family thinks before anyone else, and whatever triumphs big or small you might have in the outside world, if your mum says it’s rubbish, that’s always going to (bother you).

Did you ever consider releasing the album under a different name?

I did once upon a time write a novel and I wrote it under another name and submitted it under another name and wanted to publish it under another name,

Talkin’ House

Hugh Laurie gives his thoughts on how *House* will be different without cast member Lisa Edelstein:

► “It’s a huge loss, but at the same time when something like that happens, it actually gives a strange sort of jolt of energy to the thing.”

but was talked out of it by a publisher who actually started banging his head on the desk. ... He said, ‘If you knew how hard it is to get people’s attention in the publishing world,’ and I don’t think the musical world is anything different. This is not a world for shrinking violets. ... I want this to be honest. I want it to be open and I want to declare myself and if people want to throw rotten fruit, they can.

What’s it like performing it live?

Live music seems to be growing and growing. It’s as if people really more than ever seem to hunger for that actual communication. If you’d asked me a year ago, I’d say I’d go to any lengths to avoid the terror of that confrontation. But, I’ve really got a taste for it now. I’m not saying I know how to do it. I absolutely don’t. I’ve really got a taste for it. I’ve had a fantastic time. **THE ASSOCIATED PRESS**

CHRIS PIZZELLO/THE ASSOCIATED PRESS



► Hugh Laurie

Proving herself

- ▶ Detective Jane Timoney has plenty of critics, particularly the men in her squad
- ▶ But star Maria Bello has nothing but love for her new drama, Prime Suspect


AMBER RAY

SCENE@METRONEWS.CA

Make no mistake — Global's Prime Suspect is not a remake of the classic British crime thriller starring Helen Mirren.

Aside from title, what it borrows from its overseas counterpart is a strong, yet flawed, central character determined to prove she's a damn good homicide detective, no matter what the men in her squad think of her.

On the eve of the big premiere, we caught up with star Maria Bello, who plays Detective Jane Timoney with an absorbing wit and attitude — thanks in part to her very own addition to the costume.

Does the title Prime Suspect help create buzz or draw criticism from fans of the British series?

You know, we've been so lucky in a way. People have recognized immediately that it's a way different show. So then the comparisons stop.

Did you have any apprehensions stepping into this role?

Before I took the job, I said no to it. I was scared of being put in some sort of a

"I think Jane's unapologetic. She's direct, she's honest to a fault, perhaps. She is impatient. She wants what she wants and she loves her job."

MARIA BELLO ON HER CHARACTER IN PRIME SUSPECT

box and not being able to be collaborative or creative, which often happens in TV. I didn't want to not see my son; my friends who work on these kinds of shows sometimes work 14 or 15 hours a day. I met the producers — Pete Berg, Sarah Aubrey, Alex Cunningham, they're so brilliant — and they said to me, "It won't be like that. We trust you to create this character how you see this character and collaborate with us. And you'll never work more than 12 hours a day and you will have a life." And they've lived up to their promises and it's just the most extraordinary job I've had.

Can you talk about making Jane Timoney your own character? Details like her scarves and the hat and smoking — how much input did you have in those little things that are so much a part of her?

The brilliant Amy Stofsky, the costume designer, she and I had the exact same idea for the clothing,

which is an updated Katharine Hepburn. You know, that kind of male-female look that she's really feminine, but at the same time wears these kind of

sexy men's clothes. And I went in that direction and at first the (producers) were like, "Well, uh, I don't know." But I really fought for it and said, "Listen, she has her own style. I know great policewomen, as well as men, who have great style." It's not like every policewoman has to run around in gray pants suit and high heels and red lip-

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▶ Maria Bello stars in Prime Suspect, which airs tonight on Global

stick. You know, it's not like that everywhere. Jane does have her own style.

How much does putting on that hat help in "becoming" Jane?

The hat — my dearest friend Claire gave it to me a year ago. She took it off her head and put it on my head and said, "This belongs to you." And as soon as I was reading the character of Jane I knew she was supposed to have that hat on. And when I put that hat on, like the publicity says, "Cop an attitude." I feel like I have the biggest attitude in the world. It kind of makes Jane, Jane.

And I'm enjoying the controversy (over the hat). Actually it's not controversy, one guy said it and people have picked up on it,

which is bizarre. You know like, "Oh, some people are distracted by the hat," which I think he was. But anyway, I like it because I think that exactly tells who Jane is. She doesn't give a (expletive) who likes her hat or not.

Speaking of becoming Jane, how much do you get beat up shooting this series? There are some pretty rough scenes in the pilot.

Yeah, it was actually very funny shooting (one fight scene in the pilot) because at one point, I really did hit my head on the sidewalk. Pete Berg came running up, he's like, "Yo, dude, I know you just hit your head but that was awesome and that's the take we're using!" And it just made me laugh.

Double the pleasure: Gellar plays twins in new show

Fans of Sarah Michelle Gellar have double the reason to tune in to her new drama, Ringer.

In this relationship-driven thriller, the former Buffy the Vampire Slayer star plays identical twins — Bridget, a former addict who is on the run after witnessing a murder, and Siobhan, a New York City socialite with a seemingly perfect life.

When Siobhan goes missing after the estranged sisters had just begun to reconcile, Bridget assumes her twin's identity, only to learn Siobhan was hiding more than a few dark se-

crets of her own. That essentially means Gellar is playing three characters in the series — Bridget, Siobhan, and Bridget-pretending-to-be-Siobhan.

She's got a clear favourite: "Whoever has the best wardrobe at the time," Gellar jokes.

Of course, it's a little more complex than Gucci versus Gap. Gellar relates playing the sisters to parenting children since "you have to love each one individually and understand (the one you're playing at the time)," she explains. "So when I'm

Bridget, I feel that all of Bridget's motivations are hers and Siobhan is wrong. And when I'm Siobhan, everything Bridget does is wrong. I try to get into the head of each of them."

Acting-wise, it's not a new challenge for the 34-year-old, who played multiple characters in Buffy using the "old-school split screen" method.

But technology has come a long way since that supernatural series went off the air in 2003.

"There's so much more



▶ Sarah Michelle Gellar stars as Siobhan Martin/Bridget Kelly on Ringer.

that's available now between face replacement and the stop motion cam-

eras," Gellar enthuses.

"So during the pilot, we played with all of them

like kids with new toys to figure out what works best."

But, she stresses, Ringer isn't all about fancy camerawork.

"Ultimately what you find is, even though there is all this technology, you want the heart of the scene, and the heart of the scene is two people talking to each other. So we try, each time the twins are together, and do one shot where they touch each other or they cross over each other. But on the whole it's more about the communication."

● AMBER RAY

Tune in: Ringer airs Fridays on Global.

Brad's marriage comments have team Jen fuming

► Source says Aniston's handlers 'went ballistic' after Pitt's interview appeared in Parade Magazine ► Brad's apology not enough

Jennifer Aniston wasn't pleased with ex-husband Brad Pitt's comments to Parade magazine about their marriage last week, according to Us Weekly.

"She was annoyed. She thought it was rude and inappropriate," a source says.

But her team of handlers and publicists "went ballistic" — and haven't been satisfied with Pitt's mea culpa after the fact, according to another source.

"No one believes his words were taken out of context. He said what he said," the source says.

"We think he's jealous she's in love."

● METRO



► Brad Pitt and Jennifer Aniston during happier times.

PHOTOS: GETTY IMAGES

Parker admits that she talks to herself



► Sarah Jessica Parker

Sarah Jessica Parker has a foolproof way to cope with stress, but she's embarrassed about it.

"I talk to myself. Constantly," she tells People magazine.

"Both my babysitter and I talk to ourselves, and we're constantly apologizing for it."

The mom of three also says she's been learning a lot about parenting — even if it isn't sticking.

"I now know how much time it really takes to get the kids up in the morning," she says.

"But I still do it at the last minute, so there you go. I've learned nothing."

● METRO

Pattinson eyes music

Robert Pattinson is reportedly gearing up to embark on a music career, according to Us Weekly.

"Rob has been kicking a few original songs around for a long time, but his schedule didn't allow it," a source says. "Now he's got some weeks to get everything in line before going back to promoting Breaking Dawn."

And apparently it's an activity he's been yearning for. "Music is his first love," says a second source.

● METRO



► Rosie O'Donnell

Rosie has a new lady in her life

It isn't just her upcoming talk show on Oprah Winfrey's network that has Rosie O'Donnell smiling.

The outspoken host also reportedly has a new lady in her life, according to People magazine. O'Donnell stepped out recently with new girlfriend

Michelle Rounds, walking the red carpet with her at the annual Rosie Theater Kids Gala in New York City.

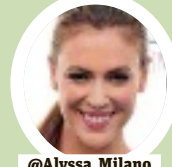
"They met at a Starbucks a few months ago," a source says. "They are adorable together and are very, very happy."

● METRO

Celebrity tweets



"Good morning /afternoon /evening/night. Wherever you are in your day, I hope you're laughing."



@Alyssa_Milano

@WilliamShatner



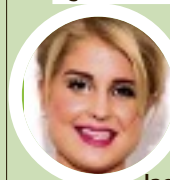
"I'm doing a series of one-man shows across Canada starting in October."



@hughhefner

"I won't be making any guest appearances on The Playboy Club, because the show is set in the early 1960s."

@MissKelliO



"Why do I keep reading articles that I have a boyfriend? I'm a single lady & to be honest kinda loving it!"

Beyoncé has the baby glow

Beyoncé is enjoying every moment of being pregnant, she tells CNN UK.

"I am having so much fun, it has been the most fun time now that it has been announced," says the singer, who unveiled her baby bump at last month's MTV VMAs.



► Beyoncé

"It was really difficult to conceal. But now I can be proud and excited about it. I'm having so much fun shopping. It's great!"

● METRO

London at its best

► Famous faces, fabulous frocks and fête-happy fashionistas flooded London this past week in search of the swankiest shows ► We honour five of London Fashion Week's greatest hits

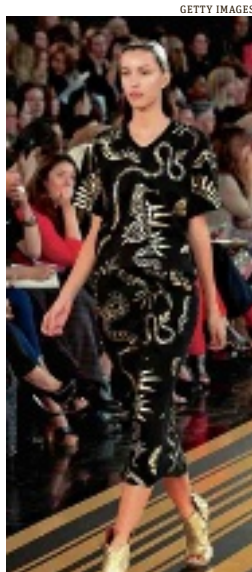
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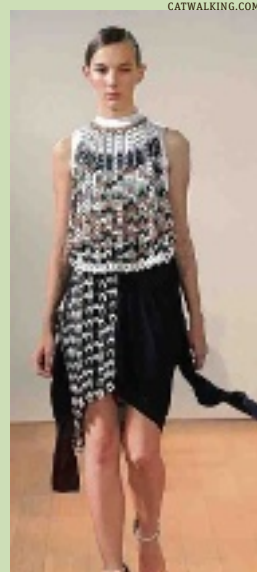

BEST TAKE ON SPORTY: NICOLE FARHI

Spring's biggest trend has looked a bit young and junior at some shows. But Farhi made it look clean, polished and cool for 9-to-5ers who can't necessarily get away with wearing see-through mesh jerseys and patchwork leggings in the office. Her clean, crisp, minimalist shorts, blouses and dresses in white- and lemon-coloured cotton made a strong case for simplicity.



BEST PARTY ATMOSPHERE: TOPSHOP UNIQUE

Philip Green's high street extravaganza feels like a hotter and hotter ticket with each season. A pre-show cocktail hour filled with snacks, bubbly and famous faces (Anna Wintour, Naomi Campbell and Kelis) set the stage for what ended up feeling like one big party. The clothes were a clever mix of urban street wear and opulent Egyptian references.



NEW NAME TO KNOW: J.W. ANDERSON

The Brit has only been designing women's wear for a little over a year, but is already on the tongues of nearly every major editor. The biggest selling point: Unusually constructed clothing that boasts rarefied craftsmanship, at affordable prices. Keep an eye out for his patchworked leather, mesh and cotton jackets and trousers.



BIGGEST CROWD PLEASER: CHRISTOPHER KANE

He showed a subversive take on those lady-like, A-line brocade dresses that dominated the '60s by slicing them and inserting sheer panels, tricking them out with crystal embroidery and plastering them with plastic flowers (kind of like your grandmother's old shower curtains.) They were expertly constructed and looked unlike anything else shown in the past two weeks.



MOST SURPRISING: BURBERRY

It was a bit of a shock to see models walk down Burberry Prorsum's runway in wild wax prints and traditional African shapes. This is Burberry, after all, a brand that waves its old English heritage around like the friend you have who never misses a chance to remind you that she's a descendant of [insert name of old, titled, moneyed family here.] That said, the new look breathed some life into the house's repertoire.

Top of the Totes



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Foulard tote
\$295, marni.com



DIANE VON FURSTENBERG
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\$150, dianeonfurstenberg.com

METRO



West Hollywood moves toward ban on fur sales but leather isn't affected

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For Jay it's all about Attitude

► You've seen the ads, you've heard the hype and now it's here ► Jay Manuel dishes on the launch of his line

ELIZABETH BEDDALL
LIFE@METRONEWS.CA

Last time we spoke with you, you were just about to show your first Attitude Jay Manuel collection and the public hadn't seen it yet. Now that it's arrived in Sears stores and the billboards are everywhere, how are you feeling?

To see it all here and realize that we're past the runway show and it's on the floor and seeing the excitement... it's really been a kind of like a weird dream to be honest. And now that we're in a normal work flow and have been moving into spring/summer — the show is in three weeks — we realize we've all learned so much from this experience.

What kind of feedback have you received from customers?

It's been very positive. What I love to hear and the best compliment I can get is when someone tweets me and says, 'I wear a size 14 and I went in and found a suit that fit me'. That makes me feel good because when working with the pattern drafters I was literally pinning and chalking and working on those pieces to make sure they fit



► Jay Manuel, creative director of Attitude Jay Manuel

well.

If I came upon the Attitude collection in Sears and a Jay Manuel angel appeared on my shoulder what would he whisper in my ear to guide me in my experience.

One of the things that I would say is that fashion should never be intimidating. It's there to service you. And secondly, if I could guide you somewhere in particular I would say that the most universally flattering silhouette is the wide-legged trouser. If you haven't tried one on before, reach out and try one because you'd be so surprised how it fits.

You've held so many titles in

the fashion industry. How does creative director rank in comparison?

To me I would say this right now is the top because I'm so involved in every part of the process. I'm literally working every day on this brand. So for me I take a lot of pride in the work that we do and I'm also my harshest critic. So I'm constantly evaluating it.

Can you give us an idea of what the next collection will look like?

My initial inspiration was that I wanted to take the customer on a journey... that's what I'm going to say for now...we're going on a journey.

TROY WOOD

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
Wandered into Mosheta on Queen W + advised a woman on toenail colour! OPI 'Chat Room Rendez Vous'



► A perfect pedicure at Mosheta



► The fancy fingers of hommesurlalune

► @hommesurlalune That's where I go! Forcing Fall on my fingers ;) xo

► @Jeanne_Beker Very cool!!! Especially for those who have a hard time choosing a colour.

► @Jeanne_Beker So --is Kanye West really going to show a collection at Paris Fashion Week? Certainly been in enough front rows to REALLY see how it's done!

► @PGCTO any predictions on the collection?

► @Jeanne_Beker it ought to be very cool, urban, and classy, with a hip, luxe edge...

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CUTICLE COUTURE

Minx Nails — whose flexible-film designs have adorned celebs from Lady Gaga to Katy Perry — teamed up with Alexander McQueen designer Sarah Burton to

create bespoke nail looks for the line's Spring 2011 show in Paris. The results speak for themselves. minxcanada.com

CUTE CORAL

These upbeat colours evoke retro cocktail hour in sunny Palm Beach.

1) Rimmel London Lasting Finish Pro

Nail Enamel in Sunset Orange, \$5, rimmellondon.com

2) Gosh Nail Lacquer in Peachy, \$7, goshcosmetics.com

3) Deborah Lippmann Nail Lacquer in Girls Just Want to Have Fun, \$20, holtrenfrew.com

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Heirloom linens back en vogue

- Craftsmanship and uniqueness of fine old linens is drawing decorators who like to mix old and new
- Place a vintage quilt on a modern slab bed or dress an antique lace tablecloth with chic tableware

Contemporary home decor is yielding a little this season to a more traditional style evocative of the Edwardian and Victorian eras.

We're seeing steamer trunks used as tables, Victorian illustrative prints and wallpapers, and new versions of period furniture.

If you're interested in experimenting with this look without going all in, consider vintage linens.

Once considered an important part of a woman's personal belongings, vintage cotton and damask napery, bed and bath linens are often wonderful examples of the loom and needle arts.

Textile weaving, lace tatting and embroidery could take craftspeople hundreds of hours; the resulting pieces were treasured, loved and passed along through families.

And sooner or later, some are given up to the marketplace, for new owners to enjoy.

Kate Middleton's dress

"A woman would have her personal and household linens embroidered with her initials because they were part of her personal wealth, and went with her when she married."



► A hand-embroidered pillowcase done by the Mazzarone workshop in Venice as featured in *The Book of Fine Linen*.

English-born Anna Redgrave of Annapolis Royal, N.S., owns Highland Lace, a vintage linens web shop.

Her lifelong passion for antique textiles was nurtured by her grandmother, a member of the Royal

Needlework Society and a seamstress at Buckingham Palace.

"She was responsible for

finding and sewing all the embellishments on the ball gowns," says Redgrave. The Society was the same group that, 60 years later, made the overlay of lace on Kate Middleton's dress.

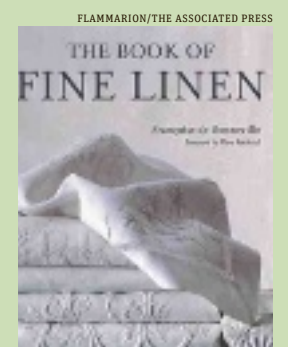
Redgrave sells lace curtains, embroidered linen napkins, cutwork cotton cloths and a variety of items crafted of repurposed linens, from the turn of the century through the 1950s.

Where and what to look for

There's a large vintage-linen fan base, Redgrave says, and French monogrammed pieces, linen napkins and vintage lace hankies sell out fast.

"Monogrammed pieces were usually handed down, so they're highly valued," Redgrave says.

Jane Nicholson (mrsnicholson.com) is a designer and decorator also based in Annapolis Royal. She looks for linens with a nice weave. "If you're buying '40s and '50s tablecloths, look for good workmanship and strong colour."



Sheet secrets: Françoise de Bonneville's in-depth look at the history and range of household linens, was recently republished in English by Flammarion (2011).

Flea markets, tag sales, estate auctions, thrift shops and vintage stores are all good sources, but try to glean the provenance of your find.

To whom did the piece belong? Was it part of a trousseau? "Information like that makes the piece come alive," says Nicholson.

THE ASSOCIATED PRESS

Previously loved

If you find a linen item you like but it's not in the best of shape, don't pass it by.

► Torn seams and holes can be darned; a stain can be hidden with a clever fold; a large piece can be cut and the salvaged remnant made into a pillow or mounted

under glass.

► Use vintage lace-edged sheets as curtains, bedspreads, even room dividers.

► Put embroidered hand towels in powder rooms. They serve well as wine glass towels, too. Have a tailor make them into little pillows or baby quilts if you don't sew yourself.

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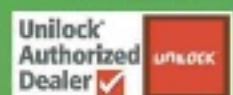
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Art Deco style

► The mix of modern and luxury collided between the two world wars

DESIGN CENTRE



KARL LOHNES
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I love to buy interesting-looking furniture that has a story, history or is from an era back in time.

Although I like older things I tend to veer toward modern lines, which can be

hard to find when you love vintage and antique furnishings.

Enter my new best friend: the Art Deco era.

The furniture was simple in design and glamorous to look at. Exotic woods, shagreen, ebony and ivory were just a few of the exotic elements that made Art Deco furnishings so special.

Clean lines, unfussy style and patterns make for an easy to live with aesthetic for anyone who wants a bit of history and a modern look in their space.



► Ralph Lauren uses many Art Deco elements.



► Barbara Barry Side Table, \$3,100, Baker Furniture



Starburst Mirror, \$190, Sears



► Grayson Chair, \$840, Crate and Barrel.

Elite Floor Grates, \$18, Home Depot

ALL PHOTOS CONTRIBUTED

Get the look:

- Art Deco is a minimalist, uncluttered look.
- Use streamlined

furniture, geometric patterns and sweeping curves.

- Decorate with rich red, black or any dark lacquered wood, table trays and serving platters.

- Upholster furniture in solid colour fabric, or use geometric patterned fabrics for cushions or chairs.
- Animal printed carpets and accessories are a perfect choice.

- Use curvaceous accessories like vases and sculptures to break up all the clean, straight lines.
- Inject a stylized sunburst shape — nowadays often as a decorative mirror.

Classic simplicity

Characteristics of the Art Deco style:

- Simple, clean lines
- Slight arched tops, light brass or gold accents
- Masculine colours like black, brown or grey
- Walnut brown wood stains, high-gloss finishes

A little history:

- Although Hollywood made the Art Deco look famous, the clean-lined luxurious era was invented in Paris.
- Art Deco has influenced fashion, interior design, architecture, industrial design and visual arts. It resurged in the 1980s with black lacquered furnishings.

KEEP DOG'S PAW PRINTS IN THE PARK

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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Hello Mr. Butler, Our busy lives include both young children and a medium-sized dog that we love! Often after a walk through the park the dog's paws and legs are wet and or have some mud on them. Do you have some cleanup tips, so that Jerry (our dog) does not get the carpets, and in some cases the furniture, soiled? Dog Lover

Dear Dog Lover, I know exactly what you are faced with, as I used to take care of my employers' two dogs (the fabulous Ms. Gigi and the wonderful Ms. Beauty!)

This is what I did: I went to the dollar store, and bought two dozen really cheap matching face cloths and two small wicker baskets.

I then left these near my side door.

Every time I would walk the dogs, I trained them to sit as soon as we got inside the house and I would then use the clean, dry cloths to wipe their feet. I would then place the used cloths in the second basket. On laundry day, the dirty cloths would be washed.



► A nice clean dog makes for a cleaner house.

Even our jewellery is a work of art.

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► Wendy Brooks cleans her windows with white vinegar and newspapers at her home in Phoenix. Brooks uses mostly Borax and vinegar for her household cleaning.

Let's go for green cleaning products

Cleaning the bathroom can be daunting, even if you're armed with traditional cleaners laden with bleach and strong but perhaps environmentally unfriendly ingredients. But what if you want to go green and still get the toilet bowl, sink and tile to sparkle?

Start by stocking up on white vinegar and baking soda.

These two staples of the kitchen can help keep your bathroom clean in a way that's safe for the environment.

A little bit of chemistry helps explain why. "Vinegar, because of its acidity, can be good for (cleaning) hard water and soap scum," said Rebecca Sutton, a senior scientist with the Environmental Working Group, a public interest group devoted to protecting health and the environment.

Baking soda, on the other hand, is alkaline, said Annie B. Bond, author of books on green living, including *Home Enlightenment*. Mix the baking soda with some water and make a paste, and it can be used as a scrub.

'Greenwashing'

► Sutton cautions consumers to be alert for "greenwashing," in which a company promotes the one green aspect of the product but doesn't give the full picture of other ingredients.

► Go for products that are biodegradable and solvent-free, have a bio base, and are low in volatile organic compounds.

And don't forget the soap — a mild castile soap made from olive or vegetable oils.

Some solutions for typical bathroom trouble spots:

THE BATHTUB

Vinegar will help get rid of the soap scum. If you need to scour, try a paste of baking soda and water.

THE SINK

You can brighten the sink and "get the white back" by pouring in vinegar and leaving it there for a while, Bond said. Also, try the soft scrub made from baking soda and water. "It's not a matter of elbow grease. It's a matter of letting it set for a period of time," she said.

THE DRAIN

"To de-grease and sweeten sink and tub drains, pour 1/2 cup (125 ml) of baking soda down drain followed by 1 cup (250 ml) vinegar; let bubble for 15 minutes; rinse with hot water," Consumer Reports' Greener Choices website says.

"You might have to repeat the procedure more than once or leave the baking soda and vinegar to 'cook' overnight."

THE TOILET

"The toilet bowl is difficult, even under the best of circumstances," Bond said. "Go to a health food store and get a really good bathroom toilet product."

For those who want to try a homemade product, Consumer Reports suggests pouring a cup (250 ml) of borax into the toilet and letting it set overnight.

"In the morning, scrub and flush," it said. "For an extra-strength cleaner, add 1/4 cup (50 ml) vinegar to the borax."

THE FLOOR

Clean with diluted vinegar and then do a water rinse afterward, Sutton said.

THE ASSOCIATED PRESS

Harvest time and the cooking is easy

► With fall hitting the calendar, food makes its transition from light to hearty ► Try this Pork Tenderloin

EMILY RICHARDS



► This recipe makes about 24 pieces.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Preparation:

1 Cherry Rhubarb Compote: In

saucepan, combine rhubarb, cherries, brown sugar and butter over medium heat and stir until butter melts. Cover and cook for 5 minutes. Stir and remove from heat.

2 In shallow dish combine breadcrumbs, parsley, garlic and thyme. Spread mustard over

pork, sprinkle with salt and pepper. Roll and press breadcrumb mixture all over pork tenderloin.

3 In oven proof skillet, heat oil over medium high heat and brown tenderloin on all sides. Place skillet in 400 F (200 C) oven for about

20 minutes or until hint of pink remains and thermometer inserted in tenderloin reaches 155 F (68 C). Let stand 5 minutes before slicing.

4 Serve 1 pork slice on baguette slice and top with compote. Repeat with remaining pork, baguette and compote.

Ingredients:

- 1/4 cup (50 mL) panko breadcrumbs
- 1 tbsp (15 mL) chopped parsley
- 1 small clove garlic, minced
- 1/2 tsp (2 mL) chopped fresh thyme
- 2 tsp (10 mL) Dijon mustard

- Pinch each salt, pepper
- 1 pork tenderloin,
- 1 tbsp (15 mL) canola oil
- 1 baguette, sliced
- Cherry Rhubarb Compote:**
- 1 cup (250 mL) chopped fresh rhubarb
- 3/4 cup (175 mL) halved pitted cherries
- 2 tbsp (25 mL) packed brown sugar
- 1 tbsp (15 mL) butter

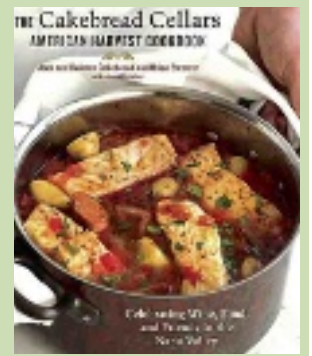
Weekly Cookbook

Every September, during harvest season, the Cakebread team invites five up-and-coming chefs and local farmers to its winery for tasting, cooking and sharing.

In The Cakebread Cel-

lars American Harvest Cookbook, Jack Dolores and culinary director Brian Streeter present 100 recipes and wine pairings developed by these chefs.

Among the dishes are: Autumn Squash Soup with Puff Pastry, Roast Halibut with Chorizo and Spicy Tomato Broth, Four-Cheese Cheese-cake Strawberry-Rhubarb Compote and more.



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SPECIAL INFORMATION FEATURE

The origins of Beer

► The world's oldest brewery showcases nearly 1,000 years of tradition



JEFF O'REILLY
FOR METRO

Though the true origins of beer are unknown, it is believed that the discovery of beer may have been one of the best accidents to ever happen to mankind and played a pivotal role in creating civilization as we know it today.

Approximately 13,000

years ago (or longer) man was nomadic — but the discovery that grains could be cultivated and turned into bread, and later into beer, by these ancient peoples lead to these tribes settling into communities. With a higher climate and heavy rainfall in ancient Sumeria, many anthropologists believe that wet dough was left outside to rise and that the natural

process of starches turning to sugars combined with wild yeasts in the air turned these sugars into alcohol. The result was a pleasant and blissful experience and the first beer buzz was enjoyed.

Many amazing stories and innovations have occurred since then including the creation of breweries. In 725, Saint Corbinian and 12 compan-

ions founded a Benedictine monastery and began the art of brewing. In 1040, Abbot Arnold was granted a licence to brew and sell beer to the nearby city of Freising, Germany, from the Weißenstephan Monastery Brewery and with this, the world's oldest operating brewery was born.

Weißenstephan (pronounced Vie-en-steffan — meaning “Sacred Stephan”) has met many challenges along the way — it has been burned to the ground at least four times, and has survived plagues, several wars, corruption and even earthquakes. In 1516, the landmark proclamation of the Bavarian Purity Law — one of beer's truly defining moments — occurred right on its doorstep.

Yeast would later be added to this law after Louis Pasteur's groundbreaking studies showed their effects on controlled fermentation. In 1803, the brewery was signed over to the state, where it is still run as the Bavarian State Brewery Weißenstephan — a government-owned operation run like a private business. The brewery has maintained its focus on quality, and the brewing school here is regarded



► Akela serves up a pint of Weißenstephan Hefeweissbier.

as the centre of international brewing science — sharing its history and knowledge with brewers all over the world. It is looked upon as a pioneer and its Weiss beers are among the best rated and most celebrated in the world.

Weißenstephaner Hefeweissbier (5.6 per cent alcohol by volume, 500 ml

for \$3.05) pours a hazy amber gold with a thick, white fluffy head.

The nose is blissfully full of banana, lemon and orange as these sweet flavours mix with rich wheat in velvety smooth spritz harmony. The finish is slightly sour and bitter, but completely thirst quenching. German engineering at its finest.

A little bit of bliss in each morsel

► Maison Chaloïn has found a second home on Dalhousie Street ► Chocolate and pastry shop is open daily



**SAMANTHA
EVERTS**
FOR METRO

Paris is a long way away, but with four generations of master chocolatiers in the Chaloïn family, Maison Chaloïn has found its second home on Dalhousie Street in the Market.

Christian Chaloïn opened his first location in Gatineau, but soon wanted to branch out his chocolate and pastry shop.

Every girl loves chocolate, but you can taste the

quality of the ingredients and appreciate the artistry that goes into each small morsel of bliss, be it macaroon, truffles, meringue or crepe form.

Highly recommended are the beautifully coloured pistachio and lemon macaroons, little puffs of heaven that absolutely melt in your mouth.

Pick up a box of six or more and fill it with truffles and chocolate covered cherries, lavender marzi-

pan, cardamom and traditional fruit jellies.

The variety changes daily, but the nutmeg and cloves mini chocolate tastes like gingerbread always should have.

As only the French can, Maison Chaloïn's homemade crepes are among the specialties, making it an easy sell for breakfast, of which it is open daily, or a luscious dessert.

Try the simple Quebec honey crepe or decadent pear and Caramel salted

butter crepe with organic caramel ice cream, caramel salted butter and almonds. With fresh bread baked daily, including organic spelt, the pastry display

can be a test of temptation.

Thankfully, you can sit down in the elegant 15-seat café and take your time. The experience will leave you dreaming of

wandering Parisian streets arm and arm with your lover with an even sweeter taste on your lips.

Maison Chaloïn is located at 256 Dalhousie St.



► You can taste the quality of ingredients at Maison Chaloïn.

SAMANTHA EVERTS/FOR METRO

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Lunch buffet can save you the wait at Haveli's



**SAMANTHA
EVERTS**
FOR METRO

In search of the best Indian food in Ottawa, sauntering over to Haveli's in the Byward Market seemed the natural choice. However, the experience left something to be desired.

At the end of Clarence Street, the size of the building is deceptive. The actual restaurant is quite large and can easily accommodate large groups.

We were placed in an isolated booth and forgotten about until some still warm poppadum (a garam-

masala spiced cracker-item) arrived.

Hoping to order traditional vegetable pakoras, we learned that only shrimp and cheese pakoras were available so we opted for veggie samosas served with minted yogurt. They were over-fried and had to

be cut into with a knife, though there were generous chunks of potatoes. This was washed down with Cheetah beer.

Then began the wait.

The food was in smaller portions than expected. Ideal for sharing, it should have been suggested to or-

der more, but our waiter was changed four times. With rich Punjabi spices, the chickpeas in the Kabli Channa sauce were well-spiced and the luxurious butter chicken lived up to its praise served over a bed of white basmati rice. The naan bread was mild and

thin. After waiting about an hour for the entrees, desert of kulfi (thickened milk ice cream) was skipped.

Avoid waiting and go for the cheaper lunch buffet, where you can serve yourself for \$11.50 and get a wider range of traditional Indian dishes.



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VANESSA SIMMONS/FOR METRO



Grey Owl a contrast in personality

**CURD
ON
THE
STREET**



Legendary Canadian conservationist Archibald Belaney inhabited the region of Lac Témiscouata, in the Notre-Dame-Du-Lac region of Quebec, home of this week's cheese pick.

"Grey Owl," as he was known, was a complex character who shed his English roots for a Canadian lifestyle more in keep-

ing with Ojibwa Indian cultures and strong naturalist beliefs.

Like the man, Grey Owl cheese is a contrast in personality.

Layers of colour, textures and flavours emit from this surface-ripened goat's milk cheese: The dark, slate-coloured, soft, wrinkly, piquant vegetable ash rind elegantly reveals a dense, snow white, velvety, chalky, tangy interior that becomes soft and silky closest to the rind.

A recent 2011 American Cheese Society and past Sélection Caseus winner, Grey Owl is the perfect choice to serve as the focal

Slice of info

- **Cheese:** Grey Owl
- **Producer:** Fromagerie Le Détour
- **Interesting fact:** The ash coating on a cheese acts as a protectant, balances acidity, and helps with affinage (ripening) in cheeses.

point of your next cheese plate. Partner it with a crisp dry Sauvignon Blanc or your favourite medium-bodied red, and you have the makings of an unforgettable evening with friends or family.

● VANESSA SIMMONS
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NFL targets fake injuries

► Memo warns teams of possible fines, suspensions, loss of draft picks for those caught faking

To the fake handoff and fake field goals, add fake injuries.

The NFL sent a memo yesterday to all 32 teams warning of fines, suspensions and loss of draft picks if the league determines players faked injuries during a game. Yet several players admit its an accepted practice, and some coaches hinted they are not above condoning phoney injuries if it provides a competitive edge.

"I've been places where it has been (taught)," said Browns linebacker Scott Fujita, a member of the players' union executive committee. "They have a name for it and I've been places where it's been pre-called. I've been places where it's one player who has been designated. Maybe I'm getting everyone in trouble, but I'm just being honest."

In the memo obtained by The Associated Press, the NFL reminded teams of league policy that calls on coaches to discourage the practice. There is no specific rule on the topic.

Nonetheless, two days after there was speculation the Giants' Deon Grant faked an injury against the Rams during Monday night's game, the NFL is warning of disciplinary action.

Rams coach Steve Spagnuolo said Tuesday the

"It's all tactical stuff you need to use. Whatever it takes."

RAVENS ALL-PRO SAFETY ED REED ON FAKING INJURIES

team notified the league of fice that it suspected the Giants were feigning injuries in St. Louis' 28-16 loss. Rams quarterback Sam Bradford said it was obvious the Giants were just buying time with St. Louis running a no-huddle offence.

"They couldn't get subbed, they couldn't line up," Bradford said. "Someone said, 'Someone go down, someone go down,' so someone just went down and grabbed a cramp."

Grant was adamant about not having faked anything.

"I could see if I was walking and fell," he said yesterday, speaking passionately and barely taking a breath. "When you see after I made that tackle and bang my knee on that play, you see me bending my knee as I am walking. ... (Teammate Justin) Tuck is walking behind me and saying 'D don't run off the field. Just go down.' As I am walking, they line up, and knowing that I can't get back in my position because of the knee injury, I went down."

THE ASSOCIATED PRESS



► New York Giants defensive back Deon Grant is helped up by trainers during the first quarter of a game against the St. Louis Rams on Monday night.

Yankees clinch 16th playoff trip in 17 years

As the final out fell into Curtis Granderson's glove, the Yankees walked calmly to the mound to congratulate Mariano Rivera.

No leaping. No screaming. No bubbly.

Just handshakes.

Playoff berths have become so commonplace in the Bronx — 16 in 17 years — they're no longer cause for celebration.

"We still feel as though we didn't accomplish anything yet," Yankees captain Derek Jeter said after New York rallied past Tampa Bay 4-2 yesterday. "I mean, we're happy to be in the playoffs, but people aren't running around here jumping up and down because we clinched a post-season berth. Our goal is to win the division." **THE ASSOCIATED PRESS**



► Brett Gardner, left, high-fives Derek Jeter.

Sports in brief

DeLaet out until next year

GOLF. Graham DeLaet will sit out the rest of the PGA Tour season while recovering from a back injury.

The 29-year-old from Weyburn, Sask., plans to return to competition at the Sony Open in January. He only played a handful of tournaments in 2011 after undergoing surgery on a herniated

disc in January.
THE CANADIAN PRESS

Hargreaves scores for City

SOCCER. Owen Hargreaves marked his return to competitive football with a debut goal for Manchester City in a 2-0 win over defending champion Birmingham in the Carling Cup yesterday. The Calgary-born midfielder fired in City's opener from 25 yards in the third-round victory over the cup holders.

THE ASSOCIATED PRESS

4
sports

Quoted



"It's just time. I didn't get any calls after July 1 and I figured that was it."

MIKE MODANO, WHO ANNOUNCED YESTERDAY THAT HE IS RETIRING AFTER 21 SEASONS IN THE NHL, A CAREER THAT INCLUDES A STANLEY CUP CHAMPIONSHIP ALONG WITH 561 GOALS AND 1,374 POINTS — BOTH OF WHICH ARE RECORDS FOR U.S.-BORN PLAYERS.



Scan code for more sports news.

Stuck at the bottom of the scrum

► Finnish team No. 93 in world rugby rankings ► 'Every game we play is just as important for us,' says team captain

As the world's best rugby teams continue their quest for World Cup glory in New Zealand, spare a thought for players on the other side of the globe, and at the other end of the skills spectrum.

Make that Finland, officially the worst rugby team in the world.

The International Rugby Board (IRB) ranks qualified national teams from leading New Zealand at No. 1 to 93. Finland props up the bottom of the table, languishing behind even lesser rugby nations such as Cameroon, Guam and Peru.

Team captain Steve Whittaker, a 35-year-old Englishman who's lived in Finland for more than a decade, however, begs to differ.

"Is it fair to say we're the worst team in the world? No. Quite clearly not," says



► Finland's national rugby team, wearing white, take on Greece in Helsinki during a match in June 2011.

Whittaker.

"Yes, we are ranked last in the IRB rankings, but there are many countries that are not ranked, so therefore technically, theo-

retically below us."

Finland plays in the European Nations Cup (ENC) tournament with Bulgaria, Greece, Luxembourg and Cyprus. But the country can

only advance in the IRB standings by beating other IRB-ranked teams, and in its ENC group only Bulgaria fits that criteria.

Recent wins against

"I think the whole ethos of rugby, respecting your opponent and the sort of honesty that's involved with the sport would fit ideally to the Finns."

FINNISH RUGBY PLAYER
VILLE SIISKONEN

Greece, and non-ENC, non-IRB Estonia don't do the Finns any good.

"If we would dump Finland right in the middle of the Caribbean, we would be a lot higher" says prop Marc-Olivier Meunier, a Frenchman with four caps for his adopted nation.

"Look at the ranking of Caribbean teams. Look at the ranking of Tahiti. If we play against them, we would most probably beat

(them) and go much higher."

But ranking rankles aside, Whittaker says some of the key challenges facing Finnish rugby are money and participation, which can build up the sport from the club level through to the national team.

"Nobody takes a chance on Finnish rugby in terms of financial input, because we don't give them anything" says Whittaker.

"But because we don't have the financial backing like the bigger countries, we can't proceed, we can't excel in the ranks, and so we don't have anything to offer."

The IRB says it's doing what it can to improve rugby in Finland, providing grants to promote the sport in schools through touch and flag-rugby projects.

THE ASSOCIATED PRESS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa

Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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It's Game Time!

Which Canadian city should be next in line for a new NHL team?
Who's going to be the top rookie this year?

Answer these, and other questions in the Metropolitan Panel
Hockey Survey on September 23!

Results will be published in the NHL Preview Section in Metro on October 6.

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Panel

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
z-New York	94	60	.610	—
Boston	88	67	.568	6½
Tampa Bay	85	69	.552	9
Toronto	78	76	.506	16
Baltimore	64	90	.416	30
CENTRAL DIVISION				
	W	L	Pct	GB
x-Detroit	89	65	.578	—
Cleveland	76	77	.497	12½
Chicago	75	79	.487	14
Kansas City	68	87	.439	21½
Minnesota	59	94	.386	29½
WEST DIVISION				
	W	L	Pct	GB
Texas	89	65	.578	—
Los Angeles	84	70	.545	5
Oakland	69	85	.448	20
Seattle	65	89	.422	24
x — clinched playoff berth				
z — clinched playoff berth				

Yesterday's results
N.Y. Yankees 4, Tampa Bay 2, 1st game
Chicago White Sox at Cleveland, 7:05 p.m.
Tampa Bay at N.Y. Yankees
L.A. Angels at Toronto
Baltimore at Boston
Detroit at Kansas City
Seattle at Minnesota
Texas at Oakland
Tuesday's results
Cleveland 4, Chicago White Sox 3, 1st game
Chicago White Sox 5, Cleveland 4, 2nd game
N.Y. Yankees 5, Tampa Bay 0
L.A. Angels 10, Toronto 6
Baltimore 7, Boston 5
Kansas City 10, Detroit 2
Seattle 5, Minnesota 4
Texas 7, Oakland 2
Today's games
Seattle (Beavan 5-5) at Minnesota (Swarzak 3-7), 1:10 p.m.
Texas (C.Lewis 13-10) at Oakland (Cahill 11-14), 3:35 p.m.
Baltimore (Britton 10-10) at Detroit (Ja.Turner 0-1), 7:05 p.m.
Chicago White Sox (Humber 9-8) at Cleveland (J.Gomez 4-2), 7:05 p.m.
Tampa Bay (Niemann 11-7) at N.Y. Yankees (Colon 8-9), 7:05 p.m.
L.A. Angels (E.Santana 11-12) at Toronto (H.Alvarez 1-2), 7:07 p.m.

CFL

WEEK 13

EAST DIVISION						
	GP	W	L	T	PF	PA
Winnipeg	11	8	3	0	265	252
Montreal	11	6	5	0	340	276
Hamilton	11	5	6	0	296	308
Toronto	11	2	9	0	226	320
4						
WEST DIVISION						
Edmonton	11	7	4	0	267	250
Calgary	11	7	4	0	288	290
B.C.	11	5	6	0	292	244
Saskatchewan	11	4	7	0	267	303
8						
Tomorrow's game						
All Times Eastern						
Montreal at Edmonton, 9 p.m.						
Saturday's games						
B.C. at Saskatchewan, 4 p.m.						
Winnipeg at Toronto, 7 p.m.						
Sunday's game						
Calgary at Hamilton, 1 p.m.						

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
x-Philadelphia	98	56	.636	—
Atlanta	88	67	.568	10½
Washington	74	79	.484	23½
New York	73	81	.474	25
Florida	70	85	.452	28½
CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	91	65	.583	—
St. Louis	85	69	.552	5
Cincinnati	76	80	.487	15
Chicago	69	87	.442	22
Pittsburgh	69	87	.442	22
Houston	53	102	.342	37½
WEST DIVISION				
	W	L	Pct	GB
Arizona	90	66	.577	—
San Francisco	83	71	.539	6
Los Angeles	77	76	.503	11½
Colorado	70	85	.452	19½
San Diego	68	88	.436	22
x — clinched playoff berth				
z — clinched playoff berth				

Yesterday's results
Cincinnati 2 Houston 0
Chicago Cubs 7 Milwaukee 1
San Diego 4 Colorado 0
Arizona 8 Pittsburgh 5
Washington at Philadelphia
Atlanta at Florida
N.Y. Mets at St. Louis
San Francisco at L.A. Dodgers
Tuesday's results
Washington 4, Philadelphia 3, 10 inn., 1st game
Washington 3, Philadelphia 0, 2nd game
Atlanta 4, Florida 0
Cincinnati 6, Houston 4
Milwaukee 5, Chicago Cubs 1
St. Louis 11, N.Y. Mets 6
San Diego 2, Colorado 1
Pittsburgh 5, Arizona 3
L.A. Dodgers 2, San Francisco 1
Today's games
N.Y. Mets (Capuano 11-12) at St. Louis (Westbrook 12-9), 1:45 p.m.
Washington (Peacock 1-0) at Philadelphia (Oswalt 8-9), 7:05 p.m.
Colorado (White 2-2) at Houston (Sosa 2-5), 8:05 p.m.
San Francisco (Bumgarner 12-12) at L.A. Dodgers (Kuroda 12-16), 10:10 p.m.

NHL

PRE-SEASON

Last night's results

Toronto at Philadelphia
Washington at Columbus
Detroit at Pittsburgh
St. Louis vs. Tampa Bay at Orlando, FL
New Jersey vs. N.Y. Rangers at Albany, NY
Buffalo at Montreal
Boston at Ottawa
San Jose at Anaheim
Los Angeles (ss) at Phoenix (ss)
Phoenix (ss) at Los Angeles (ss)

LATE TUESDAY

ANGELS 10, BLUE JAYS 6

Los Angeles	ab	r	h	bi	Toronto	ab	r	h	bi
Bourjos cf	5	2	3	0	McCoy ss	5	2	3	1
Callaspo 3b	4	1	3	2	ETHms lf	5	2	3	0
HKndrc 2b	4	2	2	1	Bautist rf	4	1	0	0
TrHntr dh	4	2	2	0	Encrnc 1b	4	0	1	2
Trumbo 1b	5	1	2	4	KJhnsn 2b	4	0	2	1
V.Wells lf	5	1	2	2	Lawrie 3b	4	0	1	1
Trout rf	4	0	0	0	Rasms cf	5	1	1	0
Aybar ss	3	1	1	0	Arenci c	3	0	0	0
BoWilson c	3	0	0	0	Loewen dh	4	0	0	0
Totals	37	10	15	9	Totals	38	6	11	5
Los Angeles	013	501	000	10					
Toronto	110	000	301	6					
E—Trumbo (9), McCoy (3). DP—Toronto 2.									
LOB—Los Angeles 5, Toronto 10. 2B—Bourjos (26), Callaspo 2 (23), H.Kendrick (30), V.Wells (15), Aybar (32), McCoy (8), Rasmus (9). HR—Trumbo (29), V.Wells (23). SB—H.Kendrick (14), Aybar (29). CS—Aybar (5). S—Bo.Wilson. SF—Callaspo, Encarnacion.									
IP H R ER BB SO									
Los Angeles									
Pineiro W,7-7	6	9	4	4	2	3			
R.Thompson	1	1	1	1	1	1			
Cassevah	1	0	0	0	0	0			
Richards	2-3	1	1	0	1	2			
S.Downs S,1-4	1-3	0	1	0	0	1			
Toronto									
Cecil L,4-10	3	6	4	4	2	3			
Drabek	2	7	6	6	1	0			
Camp	1	0	0	0	0	1			
Carreno	2	1	0	0	0	0			
Farguhar	1	1	0	0	0	0			
T—3:06. A—13,514 (49,260).									

CIS FOOTBALL

WEEK FOUR

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Acadia	2	2	0	0	81	19	4
Saint Mary's	2	1	1	0	64	25	2
Mt. Allison	2	0	2	0	37	90	0
St. F. Xavier	2	0	2	0	19	98	0
QUEBEC CONFERENCE							
Laval	3	3	0	0	100	49	6
Sherbrooke	3	2	1	0	91	76	4
Concordia	3	2	1	0	88	63	4
Montreal	3	2	1	0	49	47	4
Bishop's	3	1	2	0	77	73	2
McGill	3	0	3	0	35	101	0
ONTARIO CONFERENCE							
Western Ontario	3	3	0	0	175	56	6
Windsor	3	2	1	0	98	66	4
McMaster	3	2	1	0	68	69	4
Ottawa	3	2	1	0	67	55	4
Toronto	3	2	1	0	36	58	4
Wilfrid Laurier	3	1	2	0	121	106	2
Guelph	3	1	2	0	85	69	2
Queen's	3	1	2	0	66	80	2
York	3	1	2	0	35	74	2
Waterloo	3	0	3	0	53	171	0

CANADA WEST CONFERENCE

Calgary 3 3 0 0 116 57 6
Saskatchewan 3 2 1 0 87 43 4
British Columbia 3 2 1 0 86 70 4
Manitoba 3 2 1 0 79 71 4
Alberta 3 0 3 0 57 100 0
Regina 3 0 3 0 21 105 0
Tomorrow's games
All Times Eastern
Sherbrooke at Concordia, 7 p.m.
Saskatchewan at Calgary, 10 p.m.
Saturday's games
Saint Mary's vs. Mount Allison, 12 noon (at Moncton, N.B.)
Windsor at Waterloo, 1 p.m.
Queen's at York, 1 p.m.
McMaster at Guelph, 1 p.m.
Western Ontario at Wilfrid Laurier, 1 p.m.
Toronto at Ottawa, 1 p.m.
Montreal at Bishop's, 1 p.m.
Regina at Alberta, 3 p.m.
Manitoba at British Columbia, 4 p.m.
St. Francis Xavier at Acadia, 6 p.m.
Sunday's game
McGill at Laval, 1 p.m.

NFL

WEEK THREE

AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF
New England	2	0	0	1.000	73
Buffalo	2	0	0	1.000	79
N.Y. Jets	2	0	0	1.000	59
Miami	0	2	0	.000	37
61					
SOUTH					
	W	L	T	Pct	PF
Houston	2	0	0	1.000	57
Jacksonville	1	1	0	.500	19
Tennessee	1	1	0	.500	40
Indianapolis	0	2	0	.000	26
61					
NORTH					
	W	L	T	Pct	PF
Cincinnati	1	1	0	.500	49
Baltimore	1	1	0	.500	48
Cleveland	1	1	0	.500	44
Pittsburgh	1	1	0	.500	31
35					
WEST					
	W	L	T	Pct	PF
Oakland	1	1	0	.500	58
San Diego	1	1	0	.500	45
Denver	1	1	0	.500	44
Kansas City	0	2	0	.000	10
89					

NATIONAL CONFERENCE

EAST					
	W	L	T	Pct	PF
Washington	2	0	0	1.000	50
Philadelphia	1	1	0	.500	62
Dallas	1	1	0	.500	51
N.Y. Giants	1	1	0	.500	42
44					
SOUTH					
	W	L	T	Pct	PF
New Orleans	1	1	0	.500	64
Tampa Bay	1	1	0	.500	44
Atlanta	1	1	0	.500	47
Carolina	0	2	0	.000	44
58					
NORTH					
	W	L	T	Pct	PF
Green Bay	2	0	0	1.000	72
Detroit	2	0	0	1.000	75
Chicago	1	1	0	.500	43
Minnesota	0	2	0	.000	37
48					
WEST					
	W	L	T	Pct	PF
San Francisco	1	1	0	.500	57
Arizona	1	1	0	.500	49
St. Louis	0	2	0	.000	29
Seattle	0	2	0	.000	17
57					

Sunday's games
Houston at New Orleans, 1 p.m.
Denver at Tennessee, 1 p.m.
Detroit at Minnesota, 1 p.m.
San Francisco at Cincinnati, 1 p.m.
New England at Buffalo, 1 p.m.
N.Y. Giants at Philadelphia, 1 p.m.
Miami at Cleveland, 1 p.m.
Jacksonville at Carolina, 1 p.m.
Kansas City at San Diego, 4:05 p.m.
N.Y. Jets at Oakland, 4:05 p.m.
Baltimore at St. Louis, 4:05 p.m.
Arizona at Seattle, 4:15 p.m.
Green Bay at Chicago, 4:15 p.m.
Atlanta at Tampa Bay, 4:15 p.m.
Pittsburgh at Indianapolis, 8:20 p.m.
Monday's game
Washington at Dallas, 8:30 p.m.
WEEK TWO
Monday's result
N.Y. Giants 28 St. Louis 16

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

OAKLAND ATHLETICS—Agreed to terms with manager Bob Melvin on a three-year contract.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS—Fired minor league field co-ordinator Chad Kreuter. Named Jeff Pico minor league field co-ordinator and Mel Stottlemire minor league pitching co-ordinator.

FOOTBALL

NFL

GREEN BAY PACKERS—Signed DL Johnny Jones to the practice squad.
KANSAS CITY CHIEFS—Placed RB Jamaal Charles on season-ending injured reserve.

Signed WR Jeremy Horne from the practice squad. Signed OL Lucas Patterson to the practice squad.

NEW ENGLAND PATRIOTS—Placed C Dan Koppen and DL Myron Pryor on injured reserve. Re-signed DL Landon Cohen and DB Phillip Adams.

NEW YORK JETS—Signed LB Matthias Berning and WR Scotty McKnight to the practice squad.

HOCKEY

NHL

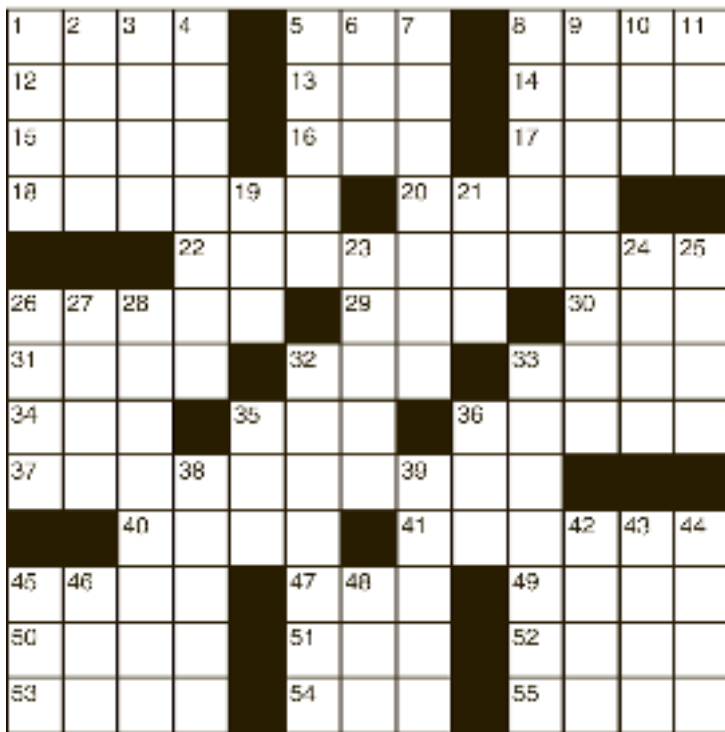
Crossword

Across

1 Farm building
5 Weeding tool
8 Constellation component
12 Waikiki wingding
13 Raggedy doll
14 Buckeyes' home
15 Ear-related
16 — U.S. Pat. Off.
17 Ranch visitor
18 Lassie, for example
20 Somewhere out there
22 "The Phantom of the Opera" actress
26 Drink eagerly
29 Praise in verse
30 "CSI" evidence
31 Geologic periods
32 Payable
33 Dry gully
34 Melody
35 Round Table address
36 Silky synthetic
37 Feign sleep
40 Darling
41 Katmandu resident
45 Nickel, e.g.
47 Big bother
49 Secondhand
50 A couple of cups
51 Cattle call?
52 Seven Dwarfs' workplace
53 Bit of plankton
54 Pismire
55 Lip

Down

1 United nations
2 Car
3 Bar

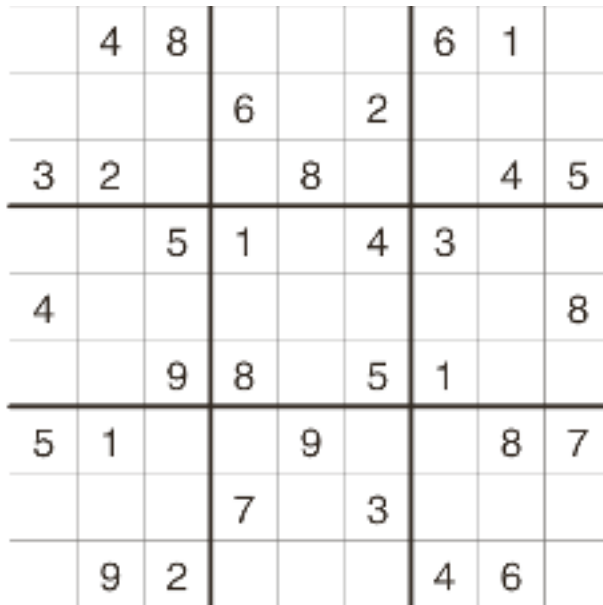


4 Core
5 Sultan's wives
6 Individual
7 Fencer's warning
8 Malt shop orders
9 Thanksgiving, e.g.
10 Succor
11 Shad product
19 Mischievous tyke
21 Adversary
23 Thine
24 Loosen
25 Primary
26 Bound
27 Seed covering
28 Showing off
32 3-D replica
33 Tribal funds
35 Resort
36 Regret
38 Busybody
39 Nose, slangily
42 Largest of the seven
43 Camera part
44 Mid-month date
45 Bookkeeper (Abbr.)
46 Art medium
48 Announcer Pardo

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	4	3	9	8	2	1	7	6
2	8	7	1	5	6	4	9	3
6	9	1	7	4	3	2	8	5
8	5	4	2	6	7	3	1	9
1	7	9	5	3	8	6	4	2
3	2	6	4	9	1	8	5	7
4	1	5	3	2	9	7	6	8
7	6	2	8	1	5	9	3	4
9	3	8	6	7	4	5	2	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Muffin, Just wanted to let you know how much my heart aches for you. Everyday feels like I'm falling in love again, Your love is like sunshine on a rainy day, with you is where I want to stay each and every day. Thank-you for loving me, I do adore you never forget that! Love PIE

*Romeo(zobia)
Hii, Babeee!!! I honestly cant wait till you propose me.. I know you wanna but can not find the courage...Babe I really LOOOOOOOVe you..Just hold my hand and dont let go and I promise our love will be strong.. Everything Takes time Babe we will get through this hard time, as long as we are together nothing matters. These four years have been the best years of life.. thx for everything.. I really really love you :) JULIET*

Today's horoscope

♈ Aries March 21-April 20 You need to make the first move in personal relationships and Venus, planet of love, will help you today.

♉ Taurus April 21-May 21 No matter how busy you may be, you must set aside some time for gazing at the bigger picture.

♊ Gemini May 22-June 21 For some reason, everyone wants to be nice to you today. It's nice to be so much in demand.

♋ Cancer June 22-July 22 Try to be a bit more forgiving of someone who has let you down.

♌ Leo July 23-Aug. 23 You seem to be brooding on things that are over and done with. You cannot go back and change the past.

♍ Virgo Aug. 24-Sept. 22 If you need to approach a loved one or family member for assistance do so — this very minute.

♎ Libra Sept. 23-Oct. 23 Anything seems possible, but how much you achieve depends on whether you make an effort.

♏ Scorpio Oct. 24-Nov. 22 You are incredibly ambitious of late, but don't be too pushy today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

The planets urge you to form alliances with people who share your aims and ambitions.

♑ Capricorn Dec. 22-Jan. 20 If you need to impress someone in a position of authority, do it now.

♒ Aquarius Jan. 21-Feb. 18 The planets make it easy for you to get away from your current environment. Start your journey.

♓ Pisces Feb. 19-March 20. You may be tempted to splash out on a luxury, but is that really a good idea? Think. **SALLY BROMPTON**

Caption contest



OWEN HUMPHREYS/ THE ASSOCIATED PRESS

TUNJI KUROKAWA/ THE ASSOCIATED PRESS



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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(D4XS51 AA00)

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REBATE
- \$500 SIGNING
BONUS
+ \$1,495 FREIGHT
& PDE

\$14,745

+ TAXES



0%
60mo.

0.9%
72mo.

1.9%
84mo.

Purchase From **\$98*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.



Purchase From **\$86*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

2011 MAZDA2 GX
(B5XB51 AA00)

\$13,995

- \$2,000 SPECIAL
REBATE
- \$500 SIGNING
BONUS
+ \$1,495 FREIGHT
& PDE

\$12,990

+ TAXES



2012 MAZDA5



0%
48mo.

NEW!

Purchase From **\$155*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

0%
84mo.

2011 MAZDA6



Purchase From **\$141*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

2011 MX-5 MIATA



0%
84mo.

Purchase From **\$166*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

0%
60mo.

2011 CX-7



Purchase From **\$161*** Bi-weekly **\$0** Down
HST Included.
*96 months with \$0 down payment at 4.99%, Freight, PDE & HST Included.

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0% 1.9% 2.9%
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2011 RVR FROM

\$19,998

0% 1.9% 2.9%
60mo. 72mo. 84mo.

PURCHASE PRICE \$21,698

2011 OUTLANDER FROM

\$25,498

0% 0.9% 2.9%
60mo. 72mo. 84mo.

PURCHASE PRICE \$27,198

2011 ENDEAVOR FROM

\$36,998

0% 0% 0%
60mo. 72mo. 84mo.

PURCHASE PRICE \$38,698



\$106 BI-WEEKLY **\$0** DOWN
HST INCLUDED.
96 months term at 4.99%, Freight, PDE & HST included. QAC.

\$136 BI-WEEKLY **\$0** DOWN
HST INCLUDED.
96 months term at 4.99%, Freight, PDE & HST included. QAC.

\$166 BI-WEEKLY **\$0** DOWN
HST INCLUDED.
96 months term at 4.99%, Freight, PDE & HST included. QAC.

\$216 BI-WEEKLY **\$0** DOWN
HST INCLUDED.
96 months term at 4.99%, Freight, PDE & HST included. QAC.

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